

Name: \_\_\_\_\_

Dept: \_\_\_\_\_ Ext: \_\_\_\_\_

**For  
Academic  
and Staff!**

## UCR Wellness Program

### B-I-N-G-O

In honor of *National Work and Family Month*, the UCR Wellness Program is encouraging the UCR “family” to practice healthy habits. Complete a “Bingo” (vertical, horizontal, diagonal) and earn a chance to win a \$25 gift card to TARGET. Complete ALL activities (“Blackout”), and earn a chance for a \$75 gift card to TARGET!

Return your completed bingo card by mailing/e-mailing it to Julie Chobdee, Wellness Program Coordinator @ Human Resources - [julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu), or drop by Service Providers Day (10/16), Staff Assembly Fall General Meeting (10/23), or the Benefit’s Fair (11/10).

**Deadline for Completion: December 12, 2008**

Note: All activities below can be done alone, with friends, family, or a UCR co-worker!

Ride a bike or walk around the UCR campus	Take a “stress” break and relax	Plan a weekend around “activity” (camping, hiking, etc.)	Plant a garden	Ask someone to commit to a healthy lifestyle and set one healthy goal
Start recycling	Go to the gym	Whip up a healthy recipe for someone	Purchase a healthy meal to bring home (or prepare a healthy meal)	Play a sport (catch, shoot hoops, tennis)
Create a grocery list with healthy options	Walk the UCR Botanical Gardens	Make a healthy breakfast	Volunteer for a community, charity or campus event	Join a recreational sport or class
Go for a walk or run after dinner	Share a meal with someone when dining out	Try a new hobby	Try a new group exercise class or exercise video	Create a healthy dish using citrus fruits (from UCR!)
Plan healthy snacks and have them readily available	Schedule a medical exam or preventative screening	Get to know a co-worker or neighbor	Attend a UCR athletic or recreational event	Pack a healthy lunch for work or school

~Make Wellness a Priority~