

September 2023 SHAPE Bingo - Week 2

Time to have fun with co-workers, on your own, or with family doing health and wellness activities.

- Each time you complete a square, date it, and mark it with an “X”.
- Bingos are across, down, and diagonal.
- By Monday, **submit your Bingo board to your SHAPE building representative** (email or drop-off) or email shape@co.livingston.ny.us if you don’t have a rep. Weeks run Mon.-Sun.

COMPLETE:

Week 2 Dates: September 18-24, 2023

Name: _____

of Bingos: _____ (Mark up to 5)

Selfie Time extra bingo entry: Yes No

	B	I	N	G	O
1	<p>Lion Stretch Open your mouth as wide as possible, stick your tongue out then do again 5x – good jaw stretch Date: _____ Physical Wellness</p>	<p>Brain Power Try a crossword, card game, puzzle, Sudoku, etc. Date: _____ Intellectual Wellness</p>	<p>Kindness Counts Perform 1 random act of kindness Date: _____ Emotional Wellness</p>	<p>Cut the Clutter Get rid of some clutter at work or home Date: _____ Emotional Wellness</p>	<p>Music to Your Ears Listen to a song that brings you joy Date: _____ Emotional wellness</p>
2	<p>Need Water Stay hydrated – get at least 48 ounces of H2O (6 cups) Date: _____ Physical Wellness</p>	<p>Best Laid Plans Plan your meals for 5 days Date: _____ Physical Wellness</p>	<p>Fresh Air Take a walk outside Date: _____ Physical & Environmental Wellness</p>	<p>Last SHAPE Enews Do the stretch from the last SHAPE e-news Date: _____ Physical Wellness</p>	<p>Floss Like a Boss Get that floss out and give your teeth some TLC Date: _____ Physical Wellness</p>
3	<p>Fruit-City Eat 2 servings of fruit today Date: _____ Physical Wellness</p>	<p>Selfie Time Take a photo of you and co-workers doing something healthy and send to SHAPE for another bonus entry Date: _____ Social Wellness</p>	FREE SPACE!	<p>Your Pick Your choice of an activity: _____ Date: _____ _____ Wellness</p>	<p>Dream Forward Write down something you want to do this winter. Date: _____ _____ Wellness</p>
4	<p>Develop YOU! Read through the Training and Professional Development newsletter (see email from Kelly Greenway) Date: _____ Intellectual & Occupational Wellness</p>	<p>Keep in Touch Contact 1 person you haven’t in a while Date: _____ Social Wellness</p>	<p>Move It Go for 30 minutes of physical activity today Date: _____ Physical Wellness</p>	<p>Veggie Delight Have two servings of vegetables today Date: _____ Physical Wellness</p>	<p>Time to Read Read something you enjoy Date: _____ Intellectual Wellness</p>
5	<p>Make it Happen Plan your work-outs/exercise for the week Date: _____ Physical Wellness</p>	<p>Close Your Eyes Take three deep breaths (long inhales and exhales) Date: _____ Emotional Wellness</p>	<p>Healthy Snack Eat a healthy snack today Date: _____ Physical Wellness</p>	<p>Neck Stretches Turn your neck to the left, hold for 8 seconds, repeat on the right Date: _____ Physical Wellness</p>	<p>Why Wait? Sign-up for Pause or Back on Track* Date: _____ Emotional/Physical Wellness</p>

*Register through URWell.programs@urmc.rochester.edu or call: 585-275-6810. *Pause* is a hands-on approach to managing stress “in the moment”. It runs Tuesdays 12-12:50pm virtually starting Oct. 3. *Back on Track* is a program to prevent common back pain, reduce back discomfort, and minimize your risk for back injury. It runs Wednesdays virtually, beginning Oct. 25th. These programs are brought to you by the Human Resources Department. If they are full, other options will be shared by SHAPE.