




RCC Health & Wellness Committee Presents – Nourishment BINGO!

This week's theme: Nutritional Nourishment

Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that's right for you (not eating too much or too little). You can find tips on healthier eating habits from the CDC's website:

https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

Pack healthy snacks	Sweep the floor	Eat 2-3 cups of vegetables	Meditate for 10 minutes	Eat 1-2 cups of fresh fruit
Take 10 deep breaths	Sleep for a full 8 hours	Choose water over a sweetened beverage	Dance to music for 15 minutes	Drink 32 ounces of water in a day
Drink a protein drink of any size	Do not have any coffee for a day	 Free Space!	Choose water over a caffeinated beverage	Eat 1 cup of vegetables with dinner
Try a new healthy recipe	Avoid dessert and candy for the day	Cook a healthy meal	Eat a healthy breakfast	Stretch 2-3 times in a day
Take an 8-hour break from social media	Talk with an old friend	Floss after every meal for a day	Drink 16 ounces of water in a day	Make my lunch



Participate in this week's nourishment BINGO with the BINGO card below. Each individual that submits a BINGO will win a prize! Complete a BINGO in all 4 weeks and be entered in for an extra special prize.

Email completed BINGO cards to cmurff@rogucecc.edu