



Cleveland Clinic

Wellness

Wellness Buddy BINGO is a great activity to help you learn about the Wellness resources that Cleveland Clinic offers — while developing healthy habits at the same time. To start, download this game board, select a fellow caregiver to be your buddy and together complete at least one or more activities from each of the columns to spell B-I-N-G-O. Click the link in each box for more information about the activity. Check off the tasks in the form as you complete them. Submit your completed form to wellness@ccf.org and be entered for a chance to win great prizes!

B

I

N

G

O

Donate to a local food bank or hospital food drive. Post a picture and comment about your experience.



Participate in an outdoor winter activity. Post a picture and comment about your experience.



Walk 10,000 steps in a day.



Join the Wellness Champion Team.



Send a Well-being Caregiver Celebration.

Caregiver Celebrations

Participate in a Daily Wellness Tools for YOU virtual program.



Watch a Wellness Insider presentation recording or attend virtually.



Drink 64 Oz. of water in a day. Post a picture and comment about your experience.



Join the Employee Wellness Facebook page.



Participate in a community service event. Post a picture and comment about your experience.



Prepare a Healthy recipe from the In the Kitchen Cooking Series.



Share a wellness success story on Connect Today.



Follow the Caregiver Well-Being Connect Today page.



Visit and review Take 5 Caregiver Resources.

Take5

Work out at a Cleveland Clinic Fitness Center location or local option.



Do a Refresh on Demand Yoga workout.



Post a new healthy habit on Caregiver Success Stories that you accomplished together.



Download and use the Cleveland Clinic Mindful Moments app.



Go outside and take a walk in a park. Post a picture and comment about your experience.



Watch a Well-ness Connection recording or attend virtually.



Do a Fitness on Demand workout.



Make a healthy smoothie.



Set up a step challenge between you and your buddy using the Healthy Choice portal Challenges feature.



Share a favorite healthy holiday recipe and send to wellness@ccf.org



Create a Healthy Choice portal account and sync your activity device or help a fellow caregiver set up their portal account.



NAME _____ WORK LOCATION _____ NAME _____ WORK LOCATION _____