


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

<p><u>Donate to a local food bank or hospital food drive. Post a picture and comment about your experience.</u></p> 	<p><u>Plant an outdoor vegetable or flower garden. Post a picture and comment about your experience.</u></p> 	<p><u>Walk 10,000 steps in a day.</u></p> 	<p><u>Join the Wellness Champion Team.</u></p> 	<p><u>Send a Well-being Caregiver Celebration.</u></p> 
<p><u>Participate in a Daily Wellness Tools for YOU virtual program.</u></p> 	<p><u>Watch a Wellness Insider presentation recording or attend virtually.</u></p> 	<p><u>Drink 64 Oz. of water in a day. Post a picture and comment about your experience.</u></p> 	<p><u>Join the Employee Wellness Facebook page.</u></p> 	<p><u>Participate in a community service event. Post a picture and comment about your experience.</u></p> 
<p><u>Prepare a Healthy recipe from the In the Kitchen Cooking Series.</u></p> 	<p><u>Share a wellness success story on Connect Today.</u></p> 	<p><u>Follow the Caregiver Well-Being Connect Today page.</u></p> 	<p><u>Visit and review Take 5 Caregiver Resources.</u></p> 	<p><u>Work out at a Cleveland Clinic Fitness Center location or local option.</u></p> 
<p><u>Do a Refresh on Demand Yoga workout.</u></p> 	<p><u>Post a new healthy habit on Caregiver Success Stories that you accomplished together.</u></p> 	<p><u>Download and use the Cleveland Clinic Mindful Moments app.</u></p> 	<p><u>Go outside and take a walk in a park. Post a picture and comment about your experience.</u></p> 	<p><u>Watch a Wellness Connection recording or attend virtually.</u></p> 
<p><u>Do a Fitness on Demand workout.</u></p> 	<p><u>Make a healthy smoothie.</u></p> 	<p><u>Set up a step challenge between you and your buddy using the Healthy Choice portal Challenges feature.</u></p> 	<p><u>Share a favorite healthy recipe and send to wellness@ccf.org</u></p> 	<p><u>Create a Healthy Choice portal account and sync your activity device or help a fellow caregiver set up their portal account.</u></p> 