

Healthy Lifestyle Habits

BLACKOUT BINGO

| | | | | |
|---|--|---|---|--|
| Include vegetables in every meal today | Read something positive before bed tonight | Stretch or foam roll for 10 minutes today | Be kind to a service worker today | Pay attention to your hunger cues today <i>(am I really hungry?)</i> |
| No electronics 1 hour before bedtime. <i>(cell phones, tablets, or computers)</i> | Eat a seasonal fruit today | Volunteer to help someone | Plant something today <i>(flowers, vegetable or tree)</i> | Clean out a small thing in your home <i>(drawer or closet)</i> |
| Go on a hike today | Sit in silence for 10 minutes and focus on your breathing | Eat seafood today <i>(fish/seaweed... something from the sea)</i> | No packaged or processed food today <i>(only whole real food)</i> | Explore a new activity today <i>(get creative)</i> |
| Have a healthy smoothie <i>(with fruits/veggies healthy fats protein)</i> | Walk around and explore your or a new neighborhood today | Smile at a stranger today | Drink only pure water today | Share in good conversation and a healthy meal with someone |
| Discover something new about a friend or yourself | Complete a 10 minute ab workout | Tell someone close to you what you appreciate about them | No high calorie high sugar drinks today | Make your bed and tidy up your bedroom |
| Walk a minimum of 1 mile | Write down what you value most in life | Less than 1 hour of TV today | Ask the most important person in your life if you're being a good friend/partner | Laugh out loud |

*"First forget inspiration.
Habits are more dependable.
Habits will sustain you whether
you're inspired or not."*

*- Octavia Butler
(American science fiction author)*

How to play Healthy Lifestyle Habits BLACKOUT BINGO

- Each month, start with a clean BINGO card
- Every time you accomplish one of the LEAN challenges in a square, blackout the square as completed.
- The goal is to have the entire card blacked out by the last day of the month.

At the end of each month, evaluate how many squares you blacked out, which actions were easier versus harder for you to accomplish, then challenge yourself to do a little bit better next month. You can challenge yourself and members of your family to a BLACKOUT BINGO competition and see who gets the most squares!

What does Living LEAN mean?

Living LEAN means to live an intentional, purposeful, and simplified lifestyle putting focus on the daily actions that lead to a more enjoyable and healthier quality of life. By focusing our daily efforts on the four pillars of good health and wellbeing, we build positive habits that lead to improved health outcomes for the future.

These four pillars are:

L - Lifestyle *(the way we choose to live)*

E - Exercise *(the way we choose to move)*

A - Attitude *(the way we think and view the world)*

N - Nutrition *(the way we eat and nourish our bodies)*

When we consistently practice being intentional about how we choose to live our lives, how we move our bodies, how we think and feel, and what we eat, we can build a life full of effective habits that lead to permanent and sustainable behaviors resulting in the life we desire most.

This Spring quarter of 30 positive actions is brought to you by...



Please visit us at www.livingleannow.com for more information and tips on how to live a healthier, happier life for you and your family!