

Healthy Lifestyle Habits

BLACKOUT BINGO

<p>B</p> <p>Sit quietly, clear your mind, and focus on breathing for 5 minutes.</p>	<p>S</p> <p>Stroll the neighborhood and see how many holiday decorations you can find.</p>	<p>W</p> <p>Wish someone a happy holiday: Halloween Thanksgiving Christmas</p>	<p>T</p> <p>Try a new seasonal vegetable.</p>	<p>F</p> <p>Focus on five things I'm grateful for today.</p>
<p>E</p> <p>Do 10 minutes of strength exercises.</p>	<p>N</p> <p>No Social Media today.</p>	<p>T</p> <p>Take healthy snacks to a neighbor or friend.</p>	<p>D</p> <p>Donate to a toy drive.</p>	<p>T</p> <p>Take the stairs today.</p>
<p>M</p> <p>Make a holiday decoration.</p>	<p>T</p> <p>Try a meatless recipe.</p>	<p>P</p> <p>Prepare healthy snacks for quick grab and go snacks during the week.</p>	<p>G</p> <p>Go for a walk with a friend.</p>	<p>M</p> <p>Make self care a priority today.</p>
<p>D</p> <p>Drink only water today.</p>	<p>P</p> <p>Plan activities and tasks for the week in advance.</p>	<p>D</p> <p>Do 10 minutes of stretching</p>	<p>C</p> <p>Call a friend who could use some support.</p>	<p>E</p> <p>Eat slowly and mindfully today.</p>
<p>D</p> <p>Do a positive health habit first thing in the morning.</p>	<p>W</p> <p>Walked 10,000 steps today.</p>	<p>W</p> <p>Watch a funny seasonal movie.</p>	<p>E</p> <p>Eat dinner without the TV on or scrolling social media</p>	<p>P</p> <p>Preplanned a weeks worth of dinner recipes.</p>
<p>T</p> <p>Take a 10 minute early morning stroll outside.</p>	<p>S</p> <p>Send a handwritten Thank You note.</p>	<p>E</p> <p>Eat a NO SUGAR breakfast (protein & healthy fats).</p>	<p>S</p> <p>Step outdoors in the morning to get some fresh air and take a deep breath.</p>	<p>I</p> <p>Intentionally park far away from shopping location to get more steps today.</p>

"At the end it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back."

-Denzel Washington

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 holiday 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, and more purposeful life!