

# Workplace Wellness



Take a 20 Minute Walk	Eat 5 Servings of Veggies	Do an Act of Kindness	Do a Workout on YouTube	Do 80 Crunches
Do 20 Lunges Per Leg	Take a Walk Before Work	Take a 15 Minute Break Alone	Do a 30 Minute Workout	Drink 72 oz of Water in One Day
Stretch During the Huddle	Thank a Coworker	 CDA COLORADO DENTAL ASSOCIATION	Make a Healthy Lunch	Take 8,000 Steps in One Day
Drink 64 oz of Water in One Day	50 Squats During a Break	Write a Thank You Note	Journal 5 Things You're Grateful For	Listen to a Favorite Song
Take 10,000 Steps in One Day	Do 10 Minutes of Meditation	Do 20 Push-ups	Take the Stairs All Day	Go for a Walk at Lunch

The CDA Wellness Committee is focused on workplace culture this year. Having a healthy work environment, makes a healthy and happy team!

## BINGO DIRECTIONS:

Choose a team leader to take charge of your office's Workplace Wellness BINGO Challenge.

1. Print this page for everyone on your team.
2. Choose the length of time for your challenge (1 week, 2 weeks, etc.).
3. Decide on your game winning BINGO rules (5 in a row, blackout, etc.).
4. Encourage your team to take small steps toward healthy activities!
5. Email a picture of your team holding their completed BINGO cards to [elisa@cdaonline.org](mailto:elisa@cdaonline.org) by March 31 to be entered into a drawing for a **free team lunch** from the CDA.