

# Active & Healthy Bingo Challenge

Celebrate National Minority Health Month (NMHM) by sharing and completing the Active & Healthy Bingo Challenge! Mark the squares of the activities you completed – five in a row means BINGO! Be sure to share your completed board on [Facebook](#) or [Twitter](#) with the hashtags #ActiveandHealthyBingo and #NMHM2020! Show your friends, your family, and us how you're staying active and healthy at home during NMHM.

Drank 8 cups of water in a day	Swept the floor	Completed a memory game (e.g., crossword, jigsaw)	Meditated for 10 minutes	Participated in an online fitness class
Took 10 deep breaths	Slept for a full 8 hours	Chose water over a sweetened beverage	Danced to music for 15 minutes	Played a board game
Did a muscle-strengthening activity	Decluttered a space	<b>FREE SPACE</b> <b>National Minority Health Month</b>	Practiced yoga poses or tai chi to relieve stress	Ate 1–3 cups of vegetables in a day
Learned about <a href="#">Move Your Way</a> **	Made my MyPlate plan via <a href="#">USDA</a> *	Video chatted with a friend or family member	Wrote in my journal	Stretched 2–3 times in a day
Took a break from social media	Spoke with an old friend	Flossed after every meal	Avoided dessert and candy for a day	Read a book

\*U.S. Department of Agriculture's MyPlate Plan: <https://www.choosemyplate.gov>

\*\*The Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services' Move Your Way Campaign: <https://health.gov/moveyourway>

#NMHM2020 | #ActiveandHealthyBingo

