

HEALTHY HABITS **BINGO** CHALLENGE

Must be registered for the Community Challenge to **WIN!**

Register at www.ittcommunitychallenge.com



NAME: _____

EMAIL: _____

THE CHALLENGE is all about creating healthy lifelong habits! Complete a BINGO card in any direction to earn an entry into the drawing. Turn in your completed Healthy Habits BINGO Cards monthly to be entered for a chance to win.

*Please write legibly.
This is how we will communicate with you if you win.*

JANUARY (due by January 30): 1 month Wellbeats® at Lancaster Rec Center (value \$25)

FEBRUARY (due by February 28): 3 months All-Access to Anytime Fitness Gym (value \$150)

MARCH (due by March 31): Advocare 24-Day Challenge® Bundle (value \$195)

B	I	N	G	O
Prepare healthy lunch for next day UPLOAD SELFIE	Visit Lancaster Recreation Center to see the new equipment!	Try fitness class at the Lancaster Recreation Center UPLOAD SELFIE	While watching TV, do sit-ups during commercials! UPLOAD SELFIE	Eat at least 4 servings of fruit this week UPLOAD SELFIE
Drink 8 glasses of water! UPLOAD SELFIE	Do something physical during your lunch time UPLOAD SELFIE	Take the stairs instead of the elevator UPLOAD SELFIE	Participate in one of the Citywide boot camps (FREE) UPLOAD SELFIE	Go to www.heart.org and choose a Heart Healthy recipe to make this week
Replace your coffee or soda with green tea or water UPLOAD SELFIE	Replace beef with fish UPLOAD SELFIE	PARTICIPATE IN THE MAYOR'S "COUCH-TO-5K" EVENT UPLOAD SELFIE	Take a walk for at least 20 minutes UPLOAD SELFIE	30 minutes of moderate intensity exercise 3x a week UPLOAD SELFIE
Take a walk in the park UPLOAD SELFIE	Eat a few walnuts or almonds for a snack. UPLOAD SELFIE	Workout with a friend! UPLOAD SELFIE	Attend the Lancaster Health Fair UPLOAD SELFIE	Take a group selfie at work participating in healthy activity UPLOAD SELFIE

Drop off locations:

Lancaster Recreation Center, 1700 Veterans Memorial Pkwy
Lancaster City Hall, 211 N. Henry St.
Contact: Kay Brown, kbrown@lancaster-tx.com, 972-218-1303