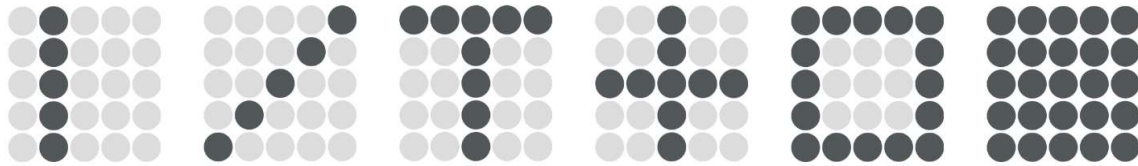


# GENERAL RULES

1. BINGO runs from Monday, May 1 to Monday, May 31 inclusive.
2. Complete as many of the challenges as possible during this period and cross them off as you go! Some challenges are easier to complete than others, so make sure you give yourself enough time to complete them!
3. Don't hesitate to contact the person that invited you to join for recipe ideas and answer any questions you might have.
4. Participants will have a chance at winning one of three prizes by completing any of the BINGO configurations below (single line, diagonal, T, +, perimeter, or full card).



4. Take a picture of your completed card and email or text to Susan:

705-441-6084

[healthjus4you@gmail.com](mailto:healthjus4you@gmail.com)



**HAVE FUN!!!!**

# CHALLENGE DETAILS

Take a minute to read about each challenge in more detail!

## WELLNESS... SHRED 10 Bingo MAY 2021

1. **Gluten Free!** 10 consecutive days remove gluten from your menu! We have some great recipes to share!
2. **Stretch 3 times a day for 3-5 minutes.** Step away from the computer, or activity! Breathe deep and stretch... at least 3 times per week during the month of May.
3. **WALK!** Preferably OUTSIDE, minimum, **3000 steps per day** and gradually increasing for the whole month of MAY.
4. **Caffeine FREE!** No caffeine drinks for 10 consecutive days. Try some amazing herbal teas and caffeine free HEALTHY substitutes.
5. **CALL a Friend.** During the next 31 days, reach out to 5 people you have not touched base with in a while. "Touch base " May!
6. **BREAKFAST SMOOTHIE** For 20 days, no eggs, cream cheese bagels, toast.... Just your smoothie filled with fruits, veggies, **Juice Plus Complete**, peanut butter, non-dairy milks! Make it your own!
7. **DRY BINGO.... That's Right!** No Alcohol for 10 consecutive days. There are lots of good options...
8. **READ a Book.** Minimum 200 pages, e-books and audio books are good! Fun reading for the month of MAY.

9. **Put WINTER Away!** Think Spring... clean your car! No Car? ..a closet, cupboard or drawer!
10. **Tai chi or Yoga Beginner** Try out a class on YouTube. Practice 20 min, once a week in MAY...choose any of the offerings... it's free!
11. **Cook from Scratch** No processed foods for 10 consecutive days. Get creative, make a healthier version of an old recipe.
12. **New Fruit or Veggie!** Try **one** that you have never eaten before! We tend to get stuck with the regulars, our markets have a variety of choices!
13. **DAIRY FREE** For 10 consecutive days no cheese, milk, cream, ice cream etc. Ask me for some recipes if this is a challenge.
14. **Get at least 7 Hours of Sleep** Restorative sleep is healthy & heals.
15. **No Refined Sugars or Artificial sweeteners.** The natural sugars that are present in fruits and veggies are permitted are excellent!
16. **Start a GARDEN** Gardening Inside or out can be so very therapeutic! Herbs, flowers, or even a TOWER GARDEN!
17. **WATER the DRINK OF CHOICE.** For 10 days, swap out all sugary drinks, sodas, etc. for **WATER** (add a slice of lemon, lime, cucumber)
18. **WALL PUSH-UPS!** Complete 10-12 Wall Push-ups at least 21 days during the month of May.

19. **MEDITATE-QUIET the Mind!** Find that quiet time. Meditations should be at least 10 minutes to allow you to disconnect from the busyness of your day. At least once a week during the Month of May.

20. **SHRED IT!** Join the weekly Zoom group, 5 Monday night at 8:30pm in May. Make MAY, SHRED 10 month!

21. **MEATLESS MONDAYS** Every Monday in May, make it meatless! Lots of ways to get protein that are tasty and fun!

22. **Virtual COOKING Class.** Participate and try a new recipe, new ingredients or new techniques.

23. **BAKE and GIVE!** Make a batch of cookies, muffins, breads, casserole..etc. and share them with a friend.

24. **VIDEO FUN...** Watch 5 Wellness videos, Several Choices available, on [www.healthylivingrevolution.com](http://www.healthylivingrevolution.com). Let me know which one is your favorite!