

FLORIDA TECH SUMMER 2024 WELLNESS BINGO!

Welcome to our Summer Wellness **Moderated** Bingo challenge! The bingo board above contains 30 different challenges designed to help you achieve a healthier lifestyle.

From July 24 through September 11, 2024, you may complete as many challenges as you choose. Please complete the FLORIDA TECH SUMMER 2024 WELLNESS BINGO TABLE (Separate document) to share the actions you took to meet the selected Bingo Square. For each completed horizontal line, you will be entered into a drawing for a raffle prize.

Employees and spouses on Florida Tech’s Medical Plan who complete 2 squares per row and complete Cells I3 and I4, for a total of 12 squares, will be eligible for the Onsite Strive \$10.00 Reward.

| | B | I | N | G | O |
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| 1 | Eliminate an unhealthy food or drink choice this week. | Complete something creative. Do you enjoy woodwork, crafts, or other creative activity. Post a selfie of your project and tag @floridatechwellness on Instagram with the hashtag #FLTechCreative or email cbruce@fit.edu | Walk 5,000 steps 3 times this week. Dates: _____ Dates: _____ Dates: _____ | Walk, bike, skate, or row a trail/waterway. Post a selfie and tag @floridatechwellness on Instagram with the hashtag #FLTechTrails or email to cbruce@fit.edu | Wear sunscreen when outdoors during the day. |
| 2 | Go tech free for 2 hours. | Consult with your Lincoln or TIAA consultant for a Retirement Plan Check Up: Schedule with Lincoln Schedule with TIAA | Sign up with an Embold Provider! Acknowledge on the Bingo Table. | Visit the Botanical Garden on campus. Post a selfie and tag @floridatechwellness on Instagram with the hashtag #FLTechBotanical or email to cbruce@fit.edu | Choose an area to declutter - email inbox, closet, garage, etc. |
| 3 | Go one week without fast food. | REQUIRED SQUARE FOR STRIVE: Listen to the Strive Demo Video Complete Quiz. | Park in the furthest spot available at the store or work 3 times. Dates: _____ Dates: _____ Dates: _____ | Support our planet – see if you can go one day using only one or zero single use plastic. | Get at least 7 hours of sleep 3 times. Dates: _____ Dates: _____ Dates: _____ |
| 4 | Eat fruit or veggies for a snack 3 times: Dates: _____ Dates: _____ Dates: _____ | REQUIRED SQUARE FOR STRIVE: Watch RFL EAP webinar Ready, Set, Relax.¹ Complete Quiz | Participate in any physical activity for 30 minutes or more. | Make an effort to reduce your sugar intake for two days. Dates: _____ Dates: _____ | Complete one of the following: annual wellness checkup, dental cleaning, vision screening, dermatologist screening. |
| 5 | Drink 8 glasses of water daily for a week. | Do something to support our planet, e.g., plant native plants, drive an electric car, pick up litter and post a selfie to @floridatechwellness on Instagram with the hashtag #FLTechSustainability or email to cbruce@fit.edu | Visit a local park or a beach. State the date and name of the park and send cbruce@fit.edu a photo. | Attend a weekly meditation session at WFIT (Wednesdays @12pm) for more information, visit the ENGAGE website. | Try a new activity or learn a new skill! |
| 6 | Try a healthy vegetarian recipe. | Read a book or meditate instead of watching TV | Participate in Strive Group Challenge or Journey! | List 3 things for which you are thankful for. | Take 10 minutes to stretch and focus on breathing when you feel stressed. |

¹ This webinar can be accessed by going to www.resourcesforliving.com, Username: ICUBA, Password 8773985816, Tools, Webinars, Webinar Library, Stress Management