

2020 Lawton Health Bingo Challenge



- **There are 4 bingo cards to choose from: Kids, Teen/Adult, Walking, Move It-Move It.**
- **You can complete multiple cards, multiple times. Just complete five boxes in a row (horizontally, vertically, or diagonally).**
- **Pick up & return bingo cards at the main library, branch library, H.C. King Center, Owens Center, or Patterson Center.**
- **Submit your card(s) between March 1 and April 15 for your chance to win a Fitbit Inspire.**
- **You can modify activities as appropriate. Always consult your physician before beginning any exercise program.**
- **The Bingo Challenge is on the honor system. Cheating will invoke bad karma, which may include weight gain, moodiness, and guilt.**
- **Go to lawtonok.gov/departments/library/events-classes/health-literacy for more tips, links, and ideas.**
- **Questions? Contact the library at 580.581.3450.**

Make sure to checkout the StoryWalk® at Elmer Thomas Park in April 2020.

These health literacy projects are supported by the Oklahoma Dept of Libraries with federal funds under the Library Services & Technology Act (LSTA) & the Institute of Museum & Library Services.



KIDS CHALLENGE



Jump rope for 15 minutes	Make a new friend & do 50 jumping jacks together	Read or listen to a book on health or personal improvement	Pick up trash along your street	Attend a library event Bonus: check out books
Go to bed 30 minutes early for a week	Eat a color in the rainbow of fruits & veggies in 1 day Tip: Winter Farmers Market @ Cameron University	Do 10 pushups Bonus: Do this each day for 7 days	Take a walk in a City park or rec gym	Turn off the TV for 30 minutes & play outside
Choose a healthy snack 5 times in 1 week	Go on a hike or march in place for 20 minutes	Complete the Story Walk at Elmer Thomas Park Bonus: fill out the survey & turn in at the library	Run in place for 5 minutes and then rest for 2 minutes; Repeat 3 times	Take a bicycle ride with a friend or family member Bonus: attend Bike in the Park each month
Pay someone a compliment with a smile	Drink water or non-sugary drink with your dinner for 5 days	Give up an unhealthy habit for 1 day Bonus: repeat	Listen to a story while you walk	Attend a class or walk laps at the Owens, Patterson or H.C. King Center
Visit a museum	Take a 20-minute walk Bonus: walk at least 3 times a week	Play a board game w/friends or family	Eat something healthy Bonus: strive for 5 fruits & veggies each day	Write a thank you letter to someone who has inspired you

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Did this challenge you to make healthier choices? Yes No
 Did you increase your healthy habits with this activity? Yes No

Complete this bingo card by April 15, 2020 & turn in at either library location for your chance to win prizes!

Name: _____

Phone Number: _____

Co-Sponsored by the Parks & Recreation Department