

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.



TEEN/ADULT CHALLENGE



Take a walk in a City park	Visit a neighbor Bonus: Donate unneeded items to a local charity	Do 10 pushups or sit ups each day for 7 days	Leave the TV off for an entire day	Complete the Story Walk at Elmer Thomas Park
Participate in a TV, video, or YouTube exercise	Checkout a book or audiobook on health or personal improvement	Walk somewhere instead of driving	Take a power nap Bonus: Check your blood pressure	Cook a family meal Bonus: take a technology break during meal
Brown bag 4 days in 1 week Bonus: strive for 5 fruits & veggies each day	Attend a community activity that involves walking to different booths	Treat yourself & eat a Piece of Dark Chocolate	Try a new exercise	Take a walk with a friend or family member
Pay someone a compliment with a smile	Cut out sugary drinks for 4 days	Practice deep breathing twice a day for 5 days	Give up an unhealthy habit for 1 day Bonus: repeat daily	Attend a class or walk laps at the Owens, Patterson or H.C. King Center
Learn 10 words with Transparent language	Visit a museum, art gallery, or a musical performance	Have a family & friends game night	Choose a healthy snack 5 times in 1 week Tip: Winter Farmers Market @ Cameron University	Dance to your favorite music for 15 minutes

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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