

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.



WALKING CHALLENGE



Take a 20-minute walk	Take a walk in a City park of your choice	Take a walk in the morning	Pick up trash along your street while you walk	Read or listen to a book on health or personal improvement
Walk 1 mile at a mall	Take a 30-minute walk	Take a walk during lunch	Walk to a store instead of driving	Turn off the TV for 30 minutes & play outside
Walk 1 mile at the Lawton Public Library or a City Rec Center	Go on a hike	Complete the Story Walk at Elmer Thomas Park	Take a walk with a friend or family member	Attend an activity at the Owens, Patterson or H.C. King Center
Walk 1 mile at the Owens, Patterson or H.C. King Center	Take a walk in a City park you have never been to	Take a walk before dinner	Take a 40-minute walk	Try a new exercise Tip: ask Yolanda or Rhonda at Patterson Center for help
Drink 24 oz of water or more throughout the day Bonus: repeat	Count your steps (with a pedometer) for 1 week	Take a walk after dinner	Attend a community activity that involves walking to different booths	Take a 60-minute walk

.....

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