

DAILY HEALTHY HABITS

The trick to sticking to a new habit is to start small and simple. Check out the 9 healthy habits below then play the Healthy Habits Bingo game on the back. Challenge yourself to reach all 9 healthy habits each day for bingo.

Get at least 7 hours of sleep: Sleep is just as important as food and exercise. Getting enough sleep can help fight off colds and flu.



Eat a snack with 2 or more food groups: Healthy snacks give your body energy between meals. Choose from two or more of the MyPlate food groups: grain, fruit, vegetable, dairy, and protein.

Listen to a podcast or read 10 pages of a book: Listening to podcasts and reading books help you learn and try new ideas.

Drink at least 8 cups of water: Your body needs fluid. Choose water instead of drinks with added sugar. Drink plenty of water throughout the day.



Make half your grains whole grains: Try oatmeal for breakfast. Choose whole grain breads for toast or sandwiches for lunch. Choose brown rice or whole grain pasta for dinner. Whole grains keep us full for longer and are rich in vitamins, minerals and fiber!

Take a 20 minute walk outside: Spending time outdoors can improve overall health and reduce stress and promote good mental health and mood.

Have 2 or more vegetables with your main meal: Add bell peppers and spinach to your breakfast omelet, add cauliflower and mushrooms in your pasta for dinner. Remember to include a variety of colors of fruits and vegetable as different colors help our bodies in different ways.

Add 30 minutes of movement to your day: Some physical activity is better than none! Physical activity can include dancing, taking the stairs and walking. Physical activity improves overall health, so get that body moving!

Brush your teeth 2 times each day: Practice good oral hygiene by brushing your teeth 2 times each day to avoid cavities and tooth decay.

Name: _____

Date: _____

DAILY HEALTHY HABITS BINGO



Bingo

HOW TO PLAY

Ready for a challenge? Throughout your day aim to reach all 9 of the different healthy habits listed. Get all 9 for daily Bingo!



Get 7+ hours of sleep

Drink at least 8 cups of water

Have 2 or more vegetables with your main meal

Eat a snack with 2 or more food groups

Make half your grains whole grains

Add 30 minutes of movement to your day

Listen to a podcast or read 10 pages of a book

Take a 20 minute walk outside

Brush your teeth 2 times each day