**HEALTHY FOR GOOD BINGO**

**EAT SMART**
- Trade white bread for whole grain
- Cook with a healthy oil
- Eat half now, take half home
- Snack on a handful of nuts
- Swap soda for water
- Add color: three meals in a row
- Let yourself laugh today

**ADD COLOR**
- Try a new fruit or veggie
- Take veggies to work
- Snack on an apple
- Sneak veggies into a family favorite
- Add color three meals in a row
- Let yourself laugh today

**DO SOMETHING HEALTHY**
- Bake or sauté your dinner
- Take a 10-minute walk
- Go #heartwalking and post about it
- Try a fun group workout
- Do some jumping jacks
- Do something just for you

**MOVE MORE**
- Go to sleep early tonight
- Breathe deeply
- Practice mindfulness
- Take a dance break
- Connect with a friend
- Walk the dog

**BE WELL**
- Trade your fries for some fruit
- Sign up for health hacks
- Connect with a friend
- Practice mindfulness
- Take a dance break
- Do something just for you

**SIGN UP FOR HEALTH HACKS AT HEART.ORG/HEALTHYFORGOOD**

**EAT SMART - ADD COLOR - MOVE MORE - BE WELL**

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**EAT SMART - ADD COLOR - MOVE MORE - BE WELL**