

# 2025 HVCU HEALTH & WELLNESS FAIR BINGO

Complete four in any direction.

<p><a href="#">Register on the Virtual Health Fair website</a></p> <input type="checkbox"/>	<p>Attend one the following sessions: Foods that Boost Energy, Work Life Balance, Know Your Numbers</p> <input type="checkbox"/>	<p>Cook a healthy meal 2-3 times this week</p> <input type="checkbox"/>	<p>Attend the Wellworks For You session</p> <input type="checkbox"/>
<p>Get at least 7 hours of sleep daily</p> <input type="checkbox"/>	<p>Eat at least one healthy snack a day</p> <input type="checkbox"/>	<p>Stand up and/or stretch in between meetings/member interactions</p> <input type="checkbox"/>	<p>Take at least a 15-minute walk each day</p> <input type="checkbox"/>
<p>Stop using digital devices one hour before bed each day</p> <input type="checkbox"/>	<p>Read for 20 minutes a day</p> <input type="checkbox"/>	<p>Try one new physical activity during Health Fair week</p> <input type="checkbox"/>	<p>Turn on "do not disturb" on your personal cell phone for at least one hour a day</p> <input type="checkbox"/>
<p>Visit at least 3 vendor booths</p> <input type="checkbox"/>	<p>Declutter/organize your work space and/or work email</p> <input type="checkbox"/>	<p>Complete the Health and Wellness Feedback <a href="#">Survey</a></p> <input type="checkbox"/>	<p>Attend at least one of the Principal live sessions</p> <input type="checkbox"/>