

Live Healthy Live Well

Play Your Way Through the Holidays

B	I	N	G	
Relax and Let Go	Save Money by Packing a Snack	Make a Pretty Salad	Create Something Today	Drink an Extra Glass of Water
Reach out to Someone – Send a Card	Try a New Vegetable	Take a Play Break!	Make Time for Rest	Watch a Comedy Show
Start a New Tradition	Play a Game	FREE	Laugh	Be Kind to Yourself
Go Outside and Play	Work a Puzzle, Crossword or Word Search	Do Something Positive for Yourself	Simplify and Reduce Your Stress	Reach Out to a Friend or Family Member
Do a Good Deed for Someone	Share a Tradition	Try a new Physical Activity	Share a Way You Save Money With a Friend	Move More

