

# B I N G O

≡ WIN WITH WELLNESS! ≡

## Weekly Wellness Tips



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### Make FITNESS a priority!

- Fit physical activity into your daily routine.
- Establish an exercise plan--what, when and where.
- Exercise 20-60 minutes daily.
- Incorporate exercise into your daily activities; take the stairs or park further away.
- Do something you enjoy that is convenient.



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### SLEEP away your stress.

- One of the most important things you can do to support a stress-free body is to **get adequate sleep.**
- Create a bedtime ritual. A warm bath, cup of herbal tea or reading a book. Set a bedtime, then stick to it and lights out.
- Eat a light dinner and then nothing to eat 3 hours prior to sleep.
- If you worry, try meditation. Focus on pleasant things. Breathe, then deep breathe very slowly, allowing yourself to relax.

**TIP: Try milk!** What your mother told you is true about warm milk. Supported by scientific evidence, milk contains tryptophan and calcium, both of which increase your serotonin level. Serotonin is released by your body to promote sleep. E-Zzzz....

### What you can do

Visit [www.RiverwoodHealthcare.org/bingo](http://www.RiverwoodHealthcare.org/bingo) to download your BINGO card and offer feedback on this fun new wellness campaign. Don't forget to sign up for some great quarterly prizes. If you're a Facebooker, consider adding a comment to our Riverwood Facebook page about what you like about the BINGO wellness activities.

### What people are saying about BINGO - Win with Wellness

- "Great suggestions to get moving, plus BINGO is just so much fun! A few of the tasks made me think about how our attitudes really can affect health and well-being."
- "The tasks are reasonable to accomplish. It is a fresh outlook to healthy living."

