

# BINGO

Challenge a family member to complete this Healthy Hero bingo game.  
First to get 5 in a row wins.

Plant some vegetables in the garden	Complete a mindfulness moment	Eat 2 fruit servings in a day	Make up a dance to your favourite song	Cook a Healthy Heroes recipe
Watch less than 2 hours of tv in a day	Get 60 minutes of Physical Activity in a day	Complete a Yoga session	Complete a Brain Break activity	Make up your own game to play with a family member
Cook a Healthy Heroes recipe	Eat 5 vegetable servings in a day	FREE GO	Get 60 minutes of Physical Activity in a day	Watch less than 2 hours of tv in a day
Complete a mindfulness moment	Cook a Healthy Heroes recipe	Get 60 minutes of Physical Activity in a day	Complete a Brain Break activity	Make up a dance to your favourite song
Eat 5 vegetable servings in a day	Complete a Brain Break activity	Watch less than 2 hours of tv in a day	Complete a mindfulness moment	Get 60 minutes of Physical Activity in a day



GMHBa

HEALTHY  
HEROES