

HEART HEALTHY BINGO



Choose 10 or more heart-healthy behaviors to practice as a family. When a behavior has been practiced, please mark off the square.



When you see the Heart-Check mark on a package of food, that means it is a heart-healthy food.

Eat a fruit or vegetable with your breakfast	Eat a healthy snack.		Drink water with a slice of fruit in it.	Look for a Heart-Check certified food in your pantry or fridge.
	Be physically active for 60 minutes or more.	Try a new fruit or vegetable.	Name 5 foods high in sodium.	Try a sparkling or carbonated water.
Read a nutrition facts label with an adult.	Spend a day without drinking a sugary drink.	Tell a family member 3 health benefits of being physically active.	Explain to a family member why tobacco is bad for your heart.	
Explain why it's important to avoid secondhand smoke.	Track your physical activity for a day.	Look for Heart-Check certified foods at your next trip to the market.		Eat three different colors of fruits and vegetables in one day.
Try a handful of unsalted nuts as a snack.		Tell a family member why sugary beverages are bad for your heart.	Try a breathing exercise to help with stress.	Count how many glasses of water you drink in one day.