

# RPS Fall 2012 Wellness Bingo


October 1<sup>st</sup> - 31<sup>st</sup>, 2012

Building Site: \_\_\_\_\_

Employee Name: \_\_\_\_\_ Shirt Size: \_\_\_\_\_



Small daily changes will lead to a habit. That habit will lead to a routine, and eventually that routine will become your lifestyle. What small changes will you make today?

Get 7 - 8 hours of sleep	Eat breakfast every day for one week	Try a new, healthy recipe—share this recipe with at least 3 of your coworkers	Eat at least 5 servings of fruits/veggies today	Take a picture of a fall scene and send it to Sara Jech	Keep a food journal for 5 consecutive days	Do 30 minutes of cardio exercise ( <i>Biking, running/walking, swimming, etc.</i> )
Go the extra mile—Do an unexpected favor for someone	No diet or regular soda today—Try water instead!	Limit caffeine to no more than two cups of coffee	Don't use your mobile phone while driving today	Do 1 hour of physical activity today	Eat at least 5 servings of fruits/veggies today	Bring a healthy snack to share with co workers
Bring healthy snacks for a week to avoid the vending machine	Write down 2 goals you want to achieve this month— look at them everyday	Do 20 minutes of strength training	Enjoy a glass of 100% Natural green tea	<i>Savor your food!</i> Take 15 - 30 minutes to finish your meal	Find something funny that makes you laugh out loud & share it with someone	Drink at least 6 glasses of water today
Walk for 20 minutes over your lunch break!	Get 7 - 8 hours of sleep	Eat a meal made with only non-processed foods	Visit Lights at Bluff Valley 10/18-11/25 Sundown-10pm	Read the nutrition labels on all the food you eat today	Make your own goal & do it! _____ _____ _____	Incorporate whole grains into your diet today
Prepare a meatless meal for dinner	Visit Rochester Downtown Farmer's Market Open: every Sat. in October 7:30am-Noon	Eat a meal with the TV off	Enjoy a healthy snack ( <i>i.e. Whole-grain crackers, string cheese, fresh fruit or vegetables</i> )	Enjoy a sweet treat! Everything in moderation 	Rake leaves for 1 hour. Yours, friends, family and/or neighbors!	Compliment someone
Read the nutrition labels on all the food you eat today	Do 30 minutes of exercise	No fast food/take out for a week ( <i>ie. Subway, Jimmy Johns, KFC, Taco Bell, Pizza, etc.</i> )	Wash/sanitize your hands before each meal today	Try a new hobby that you have always wanted to start, but never have	No diet or regular soda today—Try water instead!	Keep your daily sodium intake below 1,500 mg today <i>Read your labels</i>
Park your car at the far end of the lot for a week	Unplug any electronics that aren't in use around your office and home	RELAX - Do something you enjoy for 30 minutes	Don't add any extra salt to your food today	Keep your caffeine intake below 250 mg today <i>Read your labels</i>	Walk or run one mile today!	Carve a pumpkin with friends or family

Please return your **BINGO CARD & POST BINGO QUESTIONS** to your site's Wellness Committee Rep no later than October 31<sup>st</sup>, by 4 p.m. or to Sara Jech, the Wellness Program Facilitator, located at MSB (door 2), no later than November 1<sup>st</sup>, by 4 p.m.

## EVALUATION QUESTIONS FOR FALL 2012 RSP WELLNESS BINGO



Answer these questions AFTER finishing the Wellness Bingo

### 1. On a scale of 1 to 5, how satisfied were you with this fall's Wellness Bingo:

1 (Not satisfied)      2      3      4      5 (Very satisfied)

### 2. How would you describe your overall health?

Excellent      Very Good      Good      Fair      Poor

### 3. Positive changes in your health that you noticed during this Bingo included (Check all that apply):

- |   |   |
|---|---|
| <input type="checkbox"/> Improved muscle tone                       | <input type="checkbox"/> Improved fit of clothes                                |
| <input type="checkbox"/> Increased flexibility                      | <input type="checkbox"/> Decreased stress                                       |
| <input type="checkbox"/> Less back pain                             | <input type="checkbox"/> Less joint pain  |
| <input type="checkbox"/> Happier with self                          | <input type="checkbox"/> More energy  |
| <input type="checkbox"/> Sleeping better                            | <input type="checkbox"/> Increased personal time in physical activity           |
| <input type="checkbox"/> Increased family time in physical activity | <input type="checkbox"/> Increased time with co workers doing physical activity |
| <input type="checkbox"/> Decreased smoking                          | <input type="checkbox"/> Quit smoking   |
| <input type="checkbox"/> Improved breathing                         | <input type="checkbox"/> Improved eating habits                                 |

Other \_\_\_\_\_

### 4. Would you participate in another Employee Wellness Bingo again if you had the opportunity:

Strongly Agree      Agree      Neutral      Disagree      Strongly Disagree

### 5. Do you have a success story that came from participating in this Bingo? If so, please tell me about it:

### 6. What other wellness programs would you be interested in having here at RPS?

**Return this with your BINGO card to your site's Wellness Committee Rep or to Sara Jech at MSB by November 1<sup>st</sup>**

### Rules of the game:

- Print out Bingo Card and Post Bingo Evaluation Questions (*if you print it double-sided, you will have them both together to turn in together!*)
- Every employee that attempts the Wellness Bingo and turns their card in by the deadline will get a FREE t-shirt with the RPS Employees in Motion logo on it.
- Those who have filled out **4 rows completely**, either horizontally, vertically or diagonally, will be entered into a drawing, where **4 participants will win \$100.00** on their November paycheck! (*There is no limit to the number of squares you complete each day, but the same activity can NOT be crossed off twice in one day. For example: "Get 7-8 hours of sleep" is on the Bingo card twice, so that means 2 nights of 7-8 hours of sleep!*)
- If you complete the **entire** bingo card, not only will your name be entered into the \$100.00 prize, but there will be a grand prize drawing where **3 participants will win \$150.00! You could be the lucky one to win both!!**
- The site/school with the highest percentage of employee participation will receive FREE, healthy mid morning snacks for everyone who participated at that site!
- \*\*If you are unable to complete any of the activities on the bingo card for personal reasons, please just let Sara know and she will give you a substitute activity for that box!

**Turn in your completed Bingo Card & Post Bingo Evaluation to your site's Wellness Committee Member by 4:00 p.m. on Wednesday, October 31<sup>st</sup>, 2012, or into Sara Jech (*at MSB*) by no later than 4:00 p.m. on Thursday, November 1<sup>st</sup>, 2012 . (Please include your t-shirt size for your free t-shirt)**

If you have any questions or concerns please contact

Sara Jech

Wellness Program Facilitator

Phone: 507-328-4435

Email: sajech@rochester.k12.mn.us

Office: Maintenance Service Building (Door 2)