



# BURGER WEEK

## Wellness Bingo

March 7-15, 2025



Drink water instead of soda	Get 10,000 steps a day	Try a new physical activity	Stretch for 5 minutes	Try a healthy side dish instead of fries
Sit down and enjoy your meal together with your family	Don't skip a meal –eat 3 meals a day	Eat breakfast daily	Take a breathing break	Take a 30-minute walk outside
Eat 5 or more fruits and veggies	Limit caffeine intake	 <b>FREE SPOT</b>	Donate to a food pantry	Try a new cuisine (different culture)
Get 7-8 hours of sleep	Grab lunch with an old friend	Drink 8 glasses of water per day	Prepare a meal with your family	Take your family to a local park
Try a new fruit or vegetables	Practice mindful eating (no phone and no distraction)	Practice kindness to your servers and others	Try a burger from a restaurant you haven't visited before	Support a new local business

Name \_\_\_\_\_ Phone \_\_\_\_\_

# 10 Health Tips



1. Start your day with a healthy breakfast
2. Fill half your plate with fruits and vegetables
3. Get to know the food label
4. Cook more meals at home
5. Drink more water
6. Eat seafood two times a week
7. Reduce sugary drinks and foods with added sugars
8. Experiment with plant based meals
9. Slow down at mealtime and enjoy your food
10. Consult with a Registered Dietitian Nutritionist, the real food expert

For information about seeing a  
Registered Dietitian Nutritionist, visit  
**[OwensboroHealth.org/Nutrition](https://OwensboroHealth.org/Nutrition)**.

For other fitness or wellness opportunities  
the **Healthpark at 270-688-5433**.

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