

Let's Move Pittsburgh Bingo

Complete the fun, healthy activities below and try to get five in a row across or up and down. Then turn this sheet back in to get a special prize!

Went for a 15 minute walk	Had dinner with my family	Went to the library	Drank 8 glasses of water	Had my annual wellness check
Went to a fitness class	Rode my bike	Played a new game	Learned a new skill	Tried a new food
Had 5 servings of fruits and vegetables	Helped prepare a meal	FREE	Attended a Let's Move Pittsburgh Walk and Talk	Painted a picture
Read two books	Went for a walk in the park	Spent one hour outside	Tried a new fruit	Tried a new vegetable
Ate a green vegetable	Asked my doctor a question	Ate a colorful meal	Played a board game with my friends	Got 8 hours of sleep



Every Day!



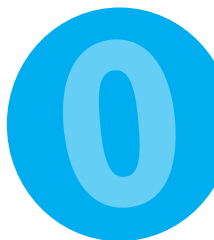
or more servings of fruits and vegetables



hours or less of recreational screen time*



hour or more of physical activity



sugary drinks and more water

*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

To learn more, please visit letsmovepittsburgh.org.



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