

# Seniors' Healthy Living BINGO



Joined an exercise class	Got my vision checked	Visited the Finding Balance website	Have taken the Home Safety Checklist	Volunteer
Eat fruits, vegetables, and protein daily	Reviewed my medications With a Health Professional	Member of a social group or club	Complete 150 minutes of physical activity weekly	Take care of my feet
Do Tai Chi	Take daily walks	<b>FREE SPACE</b>	Have read the Finding Balance Keeping Well for Older Adults Booklet	Completed the 'Are you at Risk of a Fall' checklist
Do 30 minutes of daily physical activity	Subscribed to The Finding Balance e-newsletter	Use Nordic walking poles	Do resistance band exercises	Stay connected with family and friends
Challenge my brain daily	Drink 6-8 cups of fluid daily or sip water throughout the day	Have created a trip-free home	Wear supportive footwear	Have installed grab bars in my home