



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY

HEART AWARENESS MONTH

Did you know that positive affirmations can improve your health, mood and general well-being? Doing good things for others, makes you happier!

Complete and cross off at least 20 of the boxes on this Bingo Card and turn it into Heidi Erickson at the Door County YMCA Program centers no later than March 6, 2019 to be entered in a drawing.

1st Place = FREE Personal Training (1) 60 Minute Session OR (2) 30 Minute Sessions

2rd and 3rd place = \$5.00 off of a class registration.

4th-6th place = 1 Family guest pass

Try a new class at the Y!	Collect nonperishable food items and donate them	Do 100 Jumping Jacks	Write a letter to a soldier (ex. USO.org)	Do a Random Act of Kindness
Say something positive to 5 people today	Enjoy a screen free day	Make a Valentine for a senior citizen and deliver it	Take a family walk outdoors or at the Y	Dance to your favorite song
Spend 10 mins. meditating or reflecting on what you are thankful for	Call a friend or relative you lost touch with	Wear RED in support of the American Heart Association on February 1st, 2019	Plan a Date to volunteer at a local charity	In honor of Presidents Day, Read a story about one of our Presidents
Build a snowman or make a snowman craft	Donate to a local charity ex. YMCA Annual Campaign	Drink water half your body weight in ounces	Have a family board game night	Go for a swim at the Y!
Take a family picture	Do 10 Push Ups!	Go snowshoeing or skiing at Crossroads	Clean Out your closet and donate your old clothes	Participate in an outdoor activity

NAME: _____

Email: _____

COMPANY: _____