

Exploring the Heart of It All

LIVE HEALTHY LIVE WELL

As you complete the challenge, keep track of your progress with this BINGO card.

Name: _____

Please return to carter.4135@osu.edu

or fax to 740-687-7010

B	I	N	G	O
Choose to drink water today!	Visit your local farmer's market	Spend the afternoon outside	Look at a virtual art or history exhibit	Ask for book recommendations
Take a "day trip" to a local attraction	Attend a fall festival or activity	Spend 15 minutes reading a book	Find an "Ohio Proud" logo at the grocery store	Visit a local park
Play a car game with your family	Discuss your favorite book with a friend		Shop for goods in your neighborhood	Make your own snacks rather than buying them
Visit your local library	Listen for 3 sounds from nature outside	Try a "new-to-you" food!	Research activities within a 150-mile radius	Introduce a friend/family to your favorite local spot
Check for admission ticket discounts	Plan your next vacation	Ask for local attraction recommendations	Discuss favorite travel memories with others	Support a local business or producer



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