

Heart Health Bingo

***Printable Bingo Cards located at end of PDF**

Objective:

To have fun while learning about heart health through a game of bingo! Match the images on your bingo card as the caller shares heart health facts related to each image.

How to Play:

- Each player receives a bingo card with images related to heart health (e.g., fruits, vegetables, exercise, heart symbols, etc.).
- The caller will have a set of corresponding image cards and heart health facts. (cut out before the game)
- The caller will randomly select an image card, hold it up for everyone to see, and read the heart health facts associated with the image aloud. Example: Holding up a picture of a red apple, the caller might say, "Eating apples can lower cholesterol and reduce the risk of heart disease."

Mark Your Card:

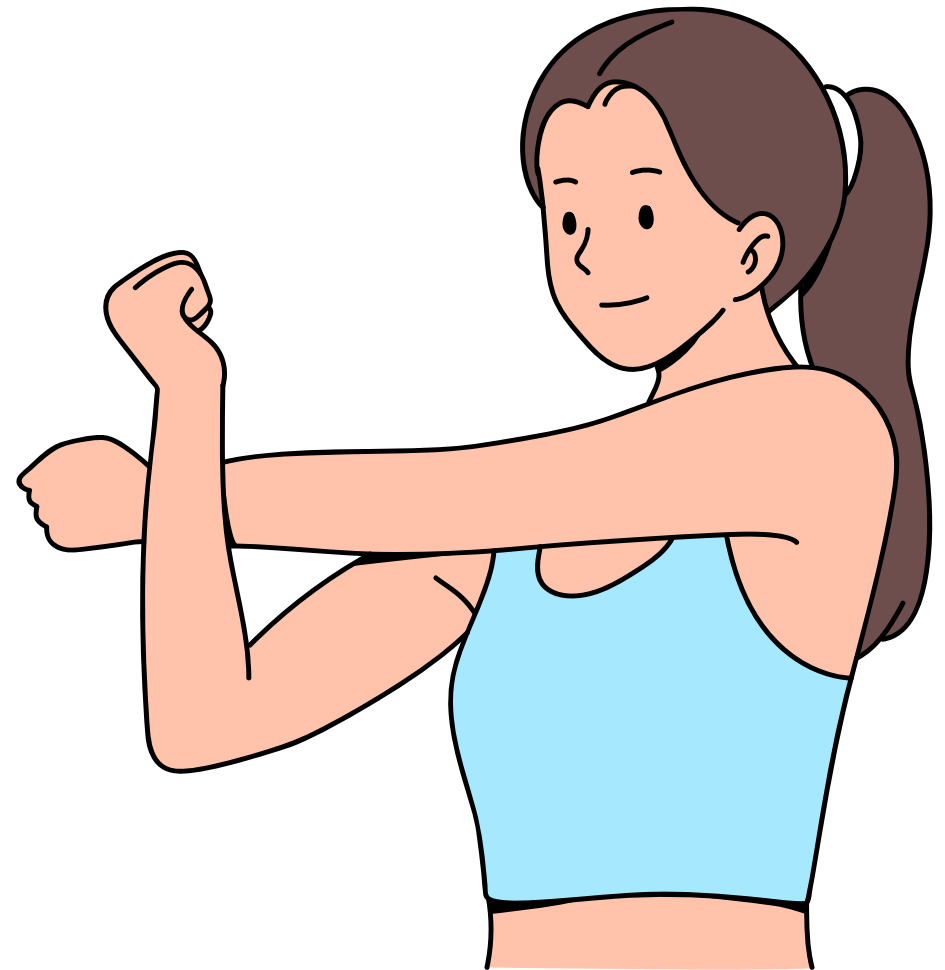
- Players check their cards for the matching image.
- If the image is on their card, they mark it (e.g., using a token, marker, or pen).
- When players complete the agreed winning pattern, they shout, "Bingo!"

Tips for Success:

- Encourage the caller to explain the facts in a fun and interactive way to keep players engaged.
- Use simple facts suitable for group.
- Have a few small prizes ready to motivate players and celebrate the winners.

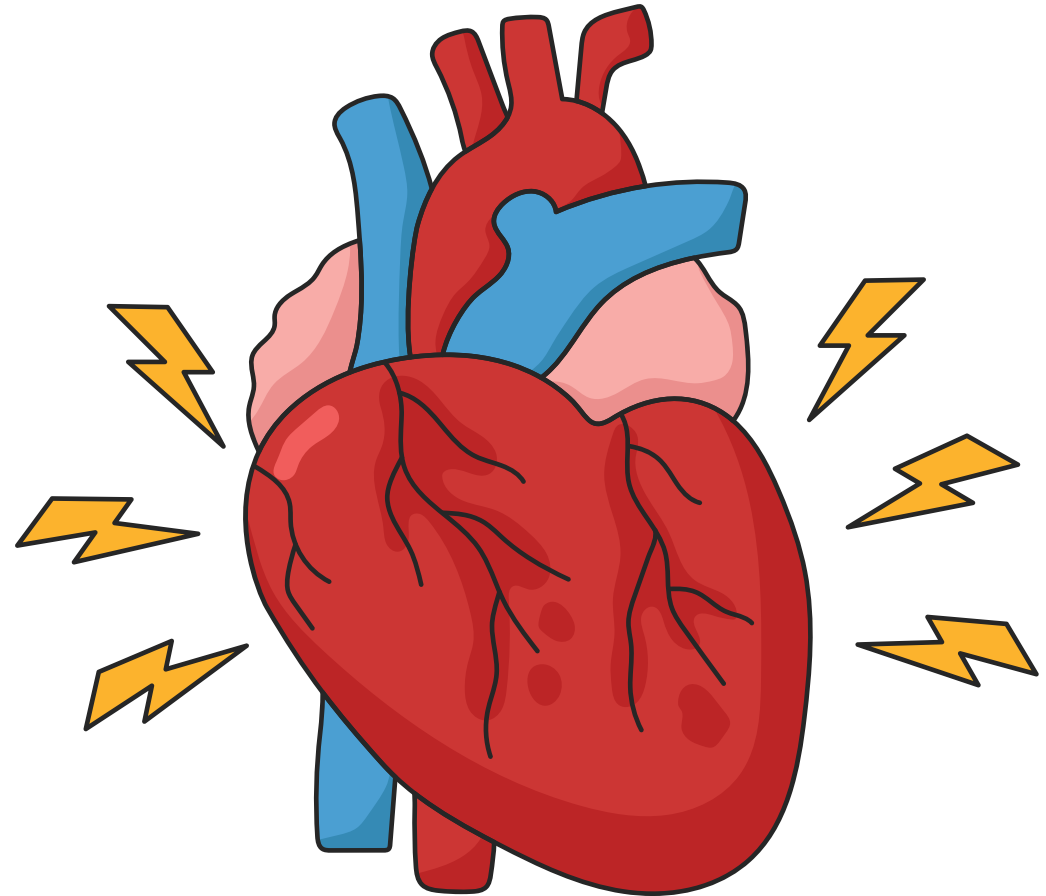
Enjoy the game, learn new ways to take care of your heart, and have a healthy dose of fun!

Eating nuts as part of a healthy diet may be good for the heart. Nuts contain unsaturated fatty acids and other nutrients. And they're a great snack food.



Stretching can help improve your balance, strength and flexibility. It also helps reduce stress and can help improve heart health by helping you relax. Do some simple stretches throughout the day to stay nimble and loose.

Dance. Saying to “exercise more” sounds like a chore but telling you to “dance” three or four times a week is a cardiovascular activity that will help to improve your strength and stamina as well.

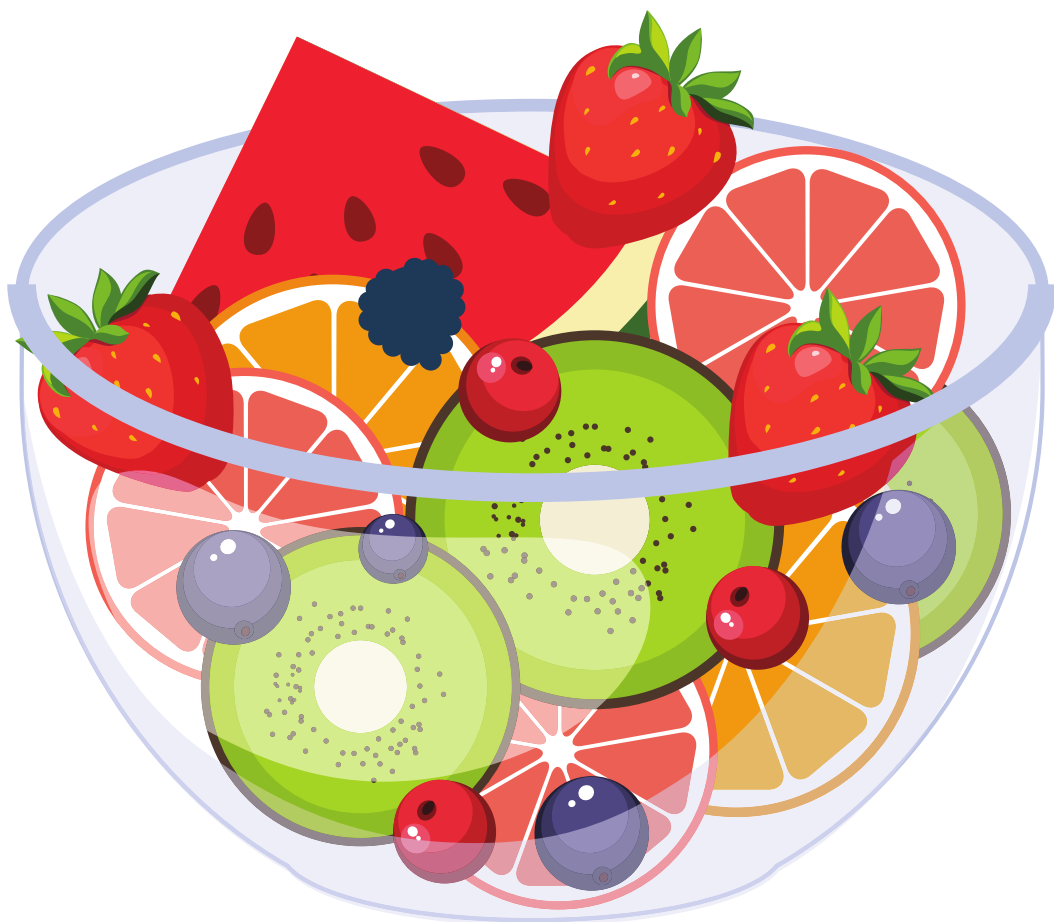


Your heart beats around 100,000 times a day.

The average, healthy human heart beats around 100,000 times per day to pump blood through your body. The sound you hear when your heart beats is actually the noise of the heart valves opening and closing.

Get fruity! (and veggie). Increase your intake of fruits and vegetables as much as possible throughout the day.

Giving your body the nutrients it needs can be healing and give you and natural energy boost.



Keep your hands busy. Knitting, quilting, woodworking, scrapbooking and other activities we do with our hands keeps our minds active and also can help reduce our stress levels.

Getting at least seven hours of sleep each night has been shown to reduce the amount of calcium build up in our hearts. Get to bed at a reasonable time or let yourself sleep in when you can.



The type of fat in an avocado is mainly unsaturated (specifically, monounsaturated), which, when eaten in place of high-saturated-fat foods, can help maintain healthy cholesterol levels.

Staying well hydrated helps your heart do its job and more easily pump blood through the blood vessels to your muscles. This in turn helps your muscles work more effectively.

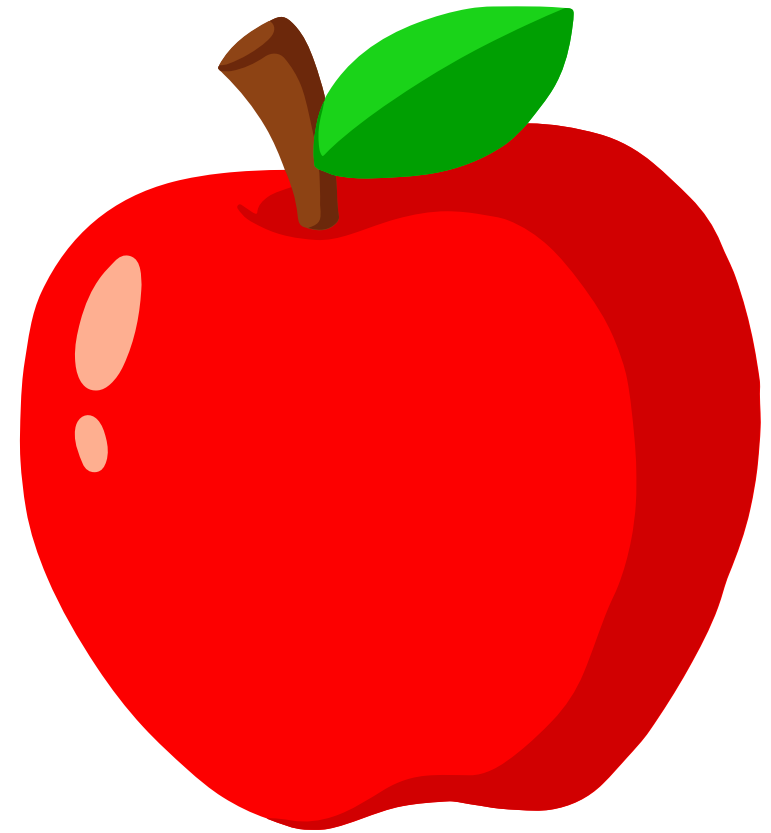


All fish are a good source of protein, vitamins and minerals. But fatty fish contain omega-3 fatty acids. Omega-3s and other nutrients in fish may improve heart health.





Be less salty. Adults should consume less than six grams of salt per day or about one teaspoon. Check food labels and cut down on added salt to foods and enjoy the natural flavors instead.



Apples are heart healthy because they contain nutrients that can help lower cholesterol, reduce blood pressure, and stabilize blood sugar



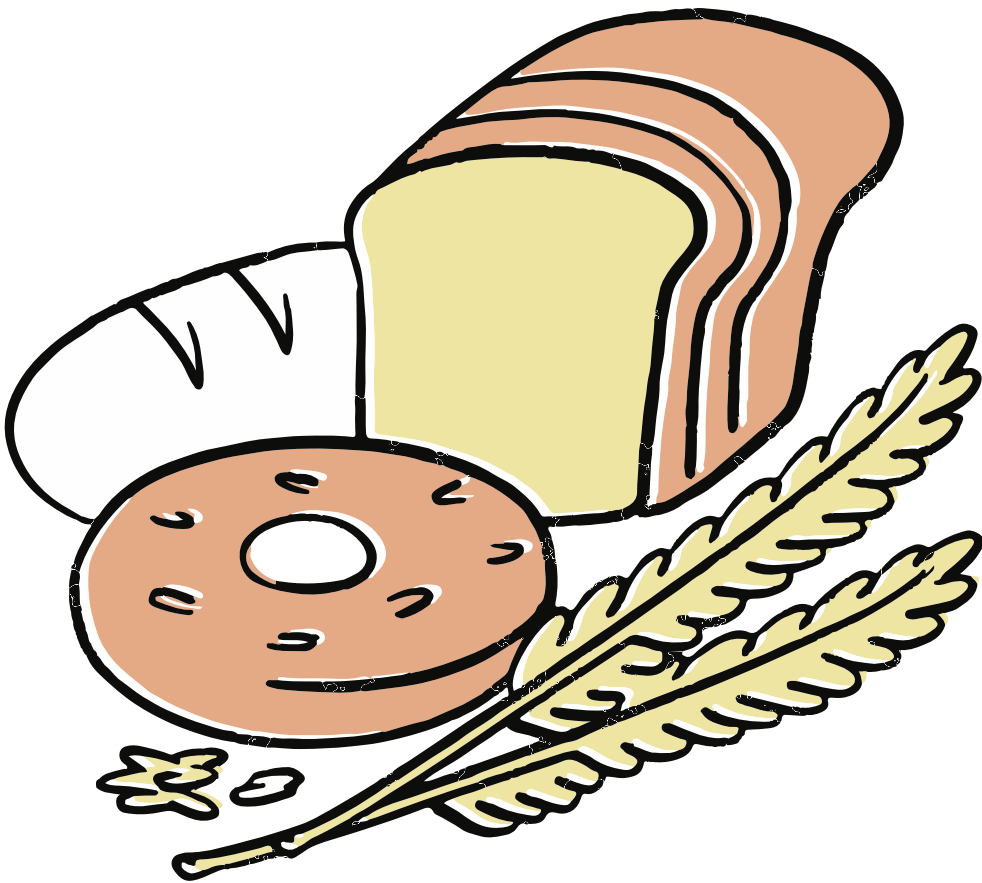
Stress reduction

Yoga can help lower stress levels, which can reduce the risk of heart disease. Stress can cause the body to release hormones that narrow arteries and increase blood pressure.



Low-fat Dairy

Some studies have shown that reduced-fat milk, yogurt, and cheese are healthier; others show the full-fat options as healthier.



Whole grains are a great part of a healthy diet and can help reduce the risk of heart disease, stroke, and high cholesterol.

Biking is a great way to improve your heart health because it strengthens your heart muscle, improves your circulation, and lowers your risk of heart disease

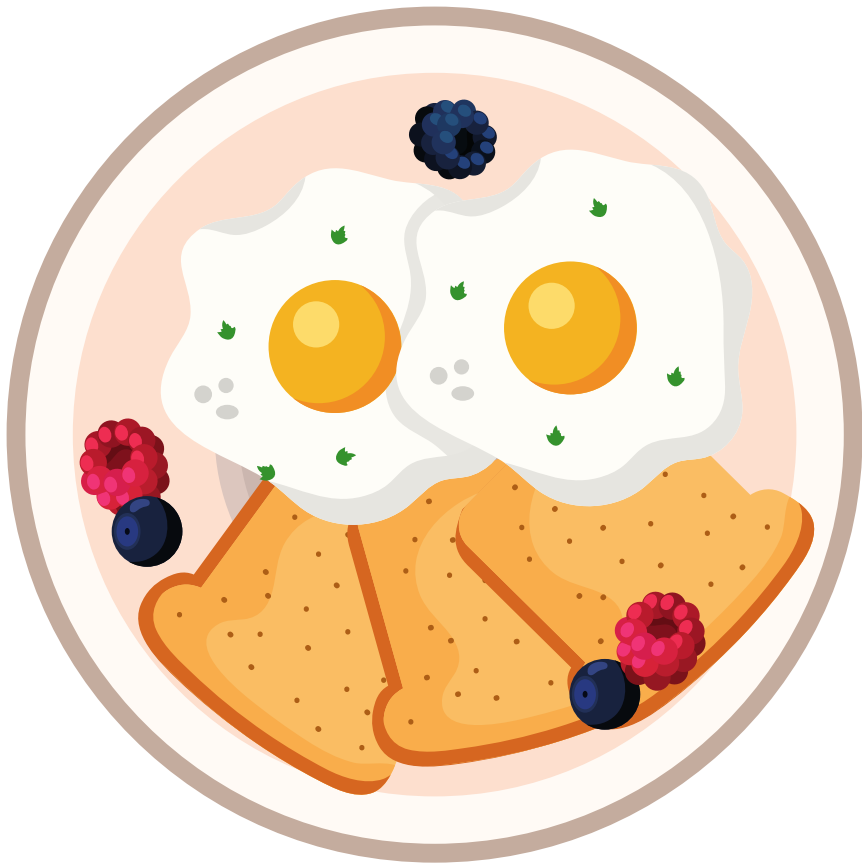


Climbing at least five flights of stairs a day can reduce your risk of heart disease by 20%.

inhale
exhale



Lowering heart rate: Breathing exercises can slow down your heart rate. The same parts of the brain regulate breathing and heart rate, so when you control your breathing, you can lower your heart rate.

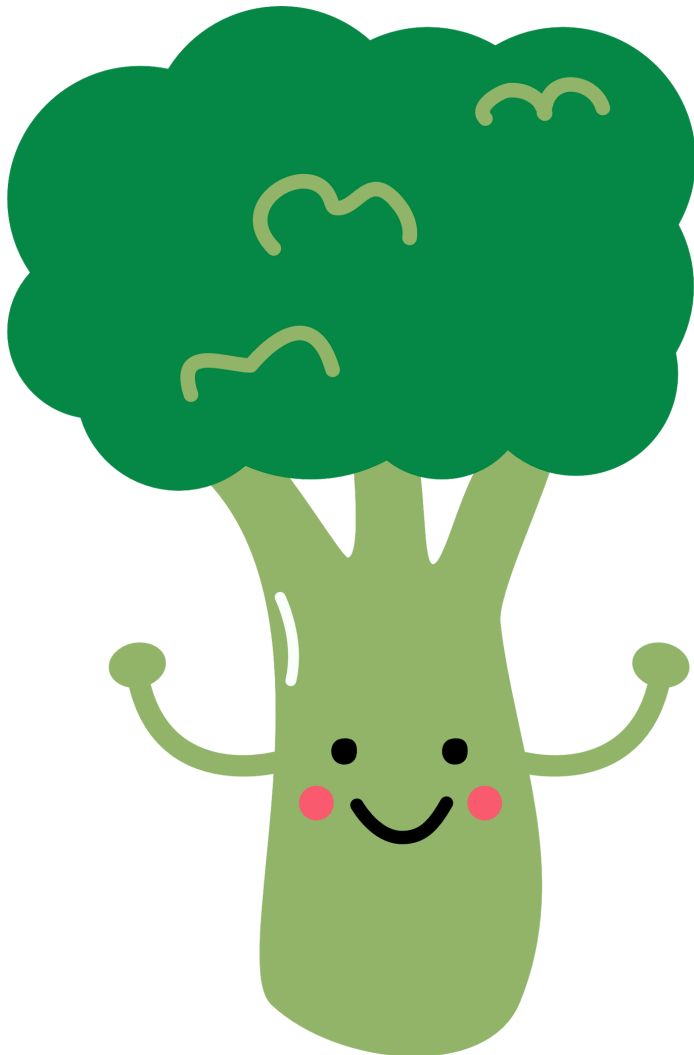


Eat breakfast. Eating a nutritious breakfast every morning can help maintain a healthy weight and get your metabolism awake for the day.

Exercise can reduce the risk of coronary heart disease, sudden heart attack, and other life-threatening cardiac events.



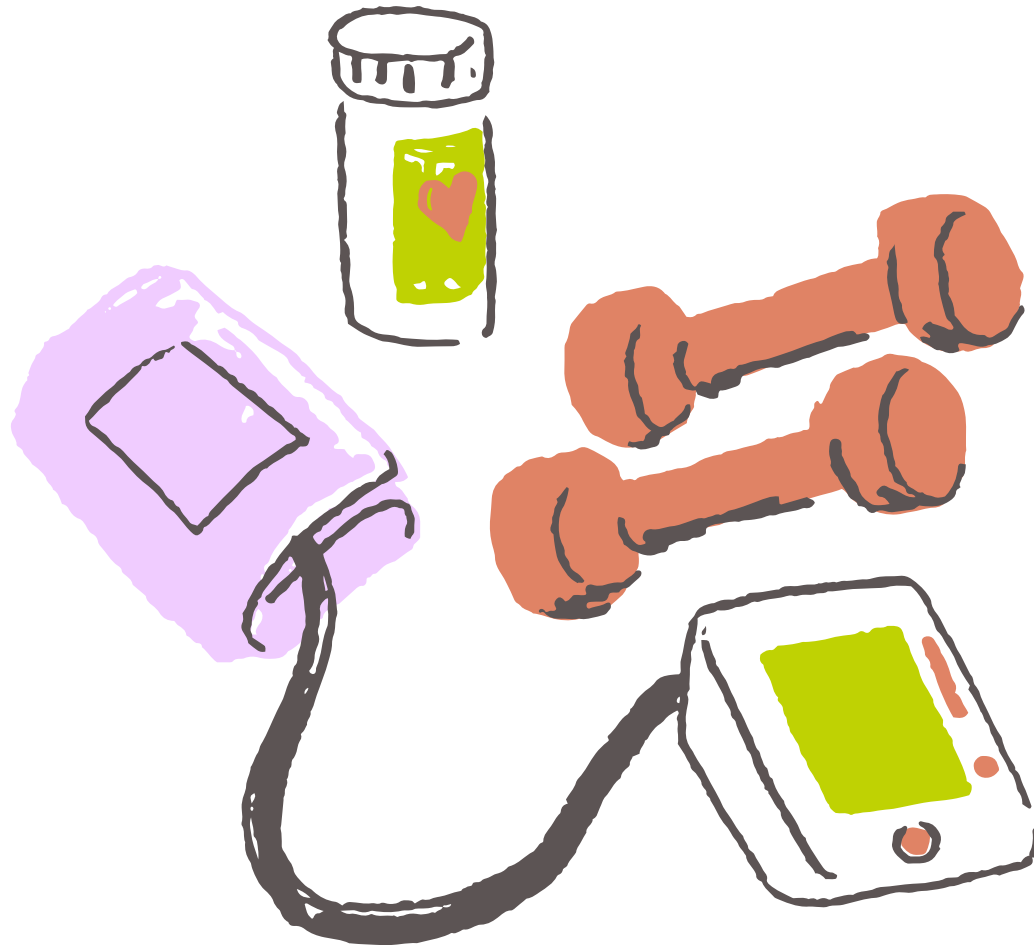
Many green leafy vegetables are heart healthy because they contain nutrients that can help lower blood pressure and reduce the risk of heart disease



Laugh. When we laugh, stress hormones are reduced, endorphins and T-cells are boosted, and we can get a good ab workout when we have a good belly laugh. Considering all this, laughter actually might be nature's best medicine.



Personalized plan: Discuss your exercise goals and current health status with your doctor to establish a safe and appropriate exercise program.



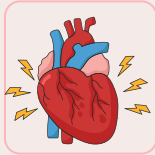
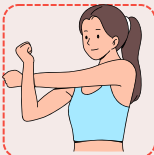
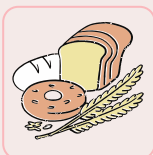
February BINGO

HEART HEALTH MONTH



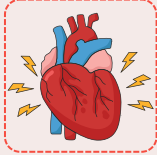
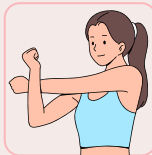
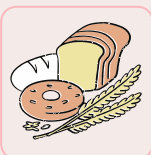
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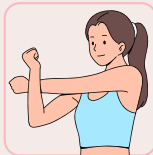
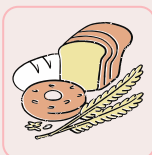
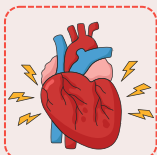
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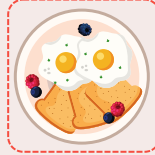
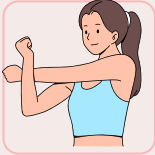
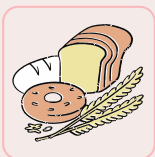
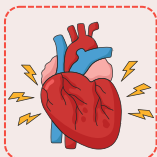
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