

Drink a glass of water first thing in the morning	Get at least 7000 steps in a day	Swap a snack for carrot or other veg sticks	Don't sit down for the length of any advert breaks during a tv show	Park further than normal from work <small>(or get off the bus one stop earlier)</small>	Make your own lunch rather than buying
Add an extra portion of veg to a meal		Switch off mobile phone 1 hour before bed time	Buy (and eat) a vegetable you have never tried before	Walk or cycle a journey you would normally drive	Drink a glass of water before each meal
Swap one soft drink or juice for a glass of water	Walk for at least 30 minutes	Have no alcoholic drinks on a weekday	Take the stairs rather than the lift	Set a long-term health & fitness goal	Plan your meals for the next 5 days
Attend an exercise class or activity session	Try a new recipe for an evening meal	Park as far away from the supermarket as possible	'Like' the Active in Life Facebook Page	Write down 5 ways you personally could make healthy lifestyle changes	Have no sugar in tea or coffee two days in a row





## Active in Life Bingo

Each day pick one square to make a small, healthy lifestyle change.

If you succeed - cross it off!

When you complete a whole row - contact us for a prize.

If you complete the whole board - contact us for a bonus prize!

**Active in Life offers reduced rates for a range of activities across South Gloucestershire and FREE advice & support to encourage healthy living as a way of life**