

DIABETES PREVENTION BINGO

See how to play on back of the card.

Do a total of 50 Jumping Jacks over the week	Get 8 hours of sleep in 1 night	Monitor your Blood pressure 3 times	Reach 10,000 steps in 1 day	Drink No alcohol for 7 days
Eat 5 fruits & vegetables in 1 day	Drink 5 bottles of water in 1 day	Run/briskly walk a 5k (3.1 miles)	hold a plank (modified) for 60 seconds	Create a meal plan for the next week
Do a total of 25 squats over the week	Eat No Candy For 7 days	GIVE SOMEONE A COMPLIMENT	Try a new healthier recipe (desserts allowed)	Complete 1 full body workout (6 different exercises)
Drink No soda for 7 days	Consistently Track your exercise for 5 days	Do a total of 50 bicep curls over the week	Complete a full body stretch daily	Take a 30 minute walk (outdoor)
Do 150 minutes of exercise over the week	Find a new healthier snack option	Call or video-call a friend or a family member	Visit a local park or preserve (be in nature)	Do a total of 30 minutes of dance (clubs allowed)

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How To Play

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1. **Normal bingo rules apply** (5 in a row- diagonal, horizontal, or vertical)
2. To minimize recall bias, **Mark each item as soon as they are completed.**
3. **Do not double count** (ex: Your 30 minutes of dancing doesn't count toward your 150 minutes of exercise)
4. **Please take pictures** of the tasks as you accomplish them. Tag us on Facebook @Healthyslucie with #diabetesbingoSLC.

It's estimated that 1 out of every
3 American adults is prediabetic, and

81% of them do not know it!

Diabetes Prevention Bingo is part of our ongoing efforts to better support St. Lucie County residents in identifying small changes to their lifestyle, eating habits, and exercise routines that can help prevent type 2 diabetes.

Scan the QR code to learn more



For more information, contact
DiabetesSLC@FLhealth.gov
or call 772-873-4906.

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