

February is **Heart Health Month** and it's all about you. Show yourself some **love** this month by completing 15 (or more!) of the 25 self-care squares. All those who complete at least 15 items will be eligible for the door prize drawings. [Click here](#) or Use the QR code to submit your completion.



For any questions, please contact cotcoach@uhc.com.

Challenge runs February 1st-28th and all submissions are due by March 3rd.

Your Name: _____ Employee ID #: _____

Love Yourself BINGO

<p>Calculate your BMI</p> <p>Website- CDC.gov/healthyweight</p>	<p>Take a walk</p>	<p>Eat one serving of a red fruit</p>	<p>Stand up from your desk for one minute every hour today</p>	<p>Have a piece of 70% dark chocolate and don't feel guilty!</p>
<p><i>Write a list of 5 positive things about yourself</i></p>	<p><i>Get 8 hours of sleep</i></p>	<p>Have a delicious fish dinner</p>	<p>Do something that makes you laugh!</p>	<p>Hug Someone</p>
<p>Eat a heart healthy snack</p>	<p>Drink 64 ounces of water today</p>	<p>Free Cell</p>	<p>Relax to your favorite music or book</p>	<p>Check out City of Tampa's Benefits Calendar for Wellness</p>
<p><i>Enjoy a big salad</i></p>	<p>Enjoy 30 minutes of exercise today</p>	<p>Do 5 minutes of deep breathing</p>	<p>Look up a quote that motivates you</p>	<p>Learn your age specific preventive screenings</p> <p>Website- www.uhc.com/health-and-wellness/preventive-care</p>
<p>Eat 4 servings of vegetables and 3 serving of fruit today</p>	<p>Brush and floss your teeth really well</p>	<p>Schedule Your PHA</p> <p>Website- www.tampa.gov/human-resources/info/wellness-centers</p>	<p>Stop eating when you are satisfied</p>	<p>CHECK YOUR BLOOD PRESSURE</p>