



Brain Health



B I N G O

Eat a handful of mixed nuts	Finish reading a book, or start a new one	Attend a free Get Movin' exercise class online	Write a poem	Listen to a <i>Dementia Matters</i> podcast episode
Learn 5 words in a new language	Eat 20 different fruits and vegetables in a week	Spend 30 minutes on your favorite hobby	Substitute olive oil for butter for a week	Dance to your favorite song
Meditate for 5 minutes each day for a week	Skip dessert for a week	FREE SPACE	Go for a 30-minute walk in the woods	Send a friend a letter or postcard
Eat 3 servings of beans in a week	Go a week without fast food	Call a friend and talk	Skip the elevator and take the stairs	Incorporate green leafy vegetables into 6 meals in a week
Complete a word puzzle every day for a week	Attend a virtual tai chi or yoga class	Eat 2 servings of berries in a week	Have a "screen free" day	Get 7+ hours of sleep each night for a week

adrc.wisc.edu/prevention

How to Play Brain Health Bingo

The goal of Brain Health Bingo is to achieve a bingo in any vertical, horizontal or diagonal row by completing the brain healthy tasks listed in each box. You have one week to play a round. Challenge yourself further by completing each task in each box over the course of one month, or play a round of Brain Health Bingo every week for a year!



Wisconsin Alzheimer's Disease Research Center
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