

HAPPY VALENTINE'S DAY!

Show your brain some love with a round of Brain Health Bingo!

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



**Wisconsin Alzheimer's
Disease Research Center**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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!

Scan for more
brain health tips



adrc.wisc.edu/prevention