

STAY HEALTHY BINGO



<p>POST A SWEATY SELFIE + TAG @HEALTHYSTEPSNUTRITION</p>	<p>COMPLETE 4 HOME WORKOUTS IN ONE WEEK</p>	<p>POST YOUR HOME WORKOUT SCORE + TAG @HEALTHYSTEPSNUTRITION</p>	<p>TRY A NEW FOOD</p>	<p>RUN OR RUN/WALK 3 MILES</p>
<p>COMPLETE 100 WALKING LUNGES</p>	<p>JOIN THE STAY HEALTHY BROWARD & PALM BEACH FB GROUP</p>	<p>TAG A FRIEND IN A WORKOUT POST WHO NEED SOME SUPPORT</p>	<p>EAT TWO CUPS OF VEGGIES PER DAY FOR 3 DAYS IN A ROW</p>	<p>CONSUME LESS THAN 25 GRAMS OF SUGAR IN A DAY</p>
<p>TRY A NEW RECIPE + TAG @HEALTHYSTEPSNUTRITION</p>	<p>LOG YOUR FOOD IN MY FITNESS PAL FOR 3 CONSECUTIVE DAYS</p>	<p>HSN</p>	<p>INVITE A FRIEND TO THE STAY HEALTHY BROWARD & PALM BEACH FB GROUP</p>	<p>PARTICIPATE IN BRIGHT SPOT FRIDAY (POST ONE AWESOME THING THAT HAPPENED THIS WEEK IN THE STAY HEALTHY GROUP)</p>
<p>SHARE THE FACEBOOK LIVE WITH JASON & NICOLE TALKING ABOUT NUTRITION (ON FB PAGE).</p>	<p>FIND AN ACCOUNTABILITY PARTNER AND TAG THEM ON THIS POST >>HERE</p>	<p>POST ONE THING YOU WILL COMMIT TO OVER THE NEXT TWO WEEKS IN THE STAY HEALTHY GROUP</p>	<p>REACH OUT TO ONE PERSON YOU ARE THANKFUL FOR AND TELL THEM WHY</p>	<p>HAVE AT LEAST 30 ACTIVE MINUTES PER DAY FOR 5 DAYS IN A ROW</p>
<p>POST & TAG US WHEN YOU TRY A NEW FRUIT/VEG, HEALTHY FOOD/DISH</p>	<p>PRACTICE A FORM OF STRESS MANAGEMENT (MEDITATION, JOURNAL, QUIET TIME)</p>	<p>SCHEDULE YOUR GOAL SETTING SESSION VIA ZOOM >> HERE</p>	<p>CLEAN OUT ONE CLOSEST OR PANTRY IN YOUR HOUSE</p>	<p>COMPLETE 50 BURPEES</p>

FIRST 5 PEOPLE TO COMPLETE THE ENTIRE CARD RECEIVE EXCLUSIVE HSN BLEND COFFEE & MUG POWERED BY CAFFEINE & KILOS

FINISH THE ENTIRE CARD BY APRIL 30TH & YOU WILL RECEIVE A SPECIAL PRIZE FROM HEALTHY STEPS NUTRITION

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