

JOIN ONKPAT HEALTH BINGO

THIS BINGO CONTAINS BOTH PHYSICAL AND MENTAL CHALLENGES. SIGN UP TO paula.mannstrom@ki.se TO RECEIVE A TEAMS LINK.

CROSS OF A MAXIMUM OF 1 SQUARE PER DAY. A LINE OF 4, VERTICALLY, HORIZONTALLY, OR DIAGONALLY, AND A FULL CARD COUNT AS BINGO. WRITE YOUR ANSWERS IN TEAMS COMMENTS! THERE MIGHT BE A PRIZE FOR THE WINNER!

START DATE: MONDAY NOV 20, LAST DATE TO REGISTER: DEC 21



<p>TRY DEADLIFTS IN THE MOBILE GYM</p>	<p>TRY A VEGETARIAN RECIPE AND SHARE IN THE TEAMS GROUP</p>	<p>TAKE A BRISK LUNCH WALK</p>	<p>TRY SELF APPLIED ENERGY MASSAGE DO-IN¹</p>
<p>TAKE A FOREST BATHING²</p>	<p>TAKE A 30 MIN WALK</p>	<p>TREAT A FRIEND WITH A HEALTHY SNACK (OR EAT YOURSELF)</p>	<p>WORK OUT WITH A KETTLE BELL IN THE MOBILE GYM</p>
<p>TAKE THE STAIRS INSTEAD OF THE ELEVATOR</p>	<p>HAVE LUNCH WITH OTHER PEOPLE THAN USUAL³</p>	<p>WORK OUT WITH RESISTANCE BANDS IN THE MOBILE GYM</p>	<p>TRY A NEW ACTIVITY AT KI HEALTH PROMOTION⁴</p>
<p>TAKE A 10 MIN PAUS EXERCISE</p>	<p>GO FOR A BIKE RIDE, EITHER OUTDOORS OR INDOORS</p>	<p>TRY JOGGING</p>	<p>GO TO A WINDOW AND FOCUS FAR AWAY FOR 1 MINUTE</p>

NOTES

¹ **DO-IN:** TAPPING, CLAPPING AND MASSAGING THESE ACUPRESSURE POINTS WILL ENERGEZE YOUR BODY AND MIND, TRY THIS VIDEO:

<https://www.youtube.com/watch?v=i6WjP5G4xLs>

² **FOREST BATH**

- VISIT A FOREST OR ANY OTHER PLACE WHERE YOU CAN EXPERIENCE NATURE. LET YOUR MOBILE PHONE REST.
- STAND STILL AND NOTICE WHAT IS AROUND YOU.
- PAUSE AND EXPLORE WHAT YOU DISCOVER WITH ALL YOUR SENSES. FEEL THE BARK OF A TREE. SMELL THE SOIL AND PLANTS, LISTEN TO THE WIND AND BIRDS.
- JUST SIT QUIETLY FOR A WHILE.

³ **LUNCH CHALLENGE:** EAT LUNCH WITH OTHER PERSONS THAN YOUR REGULAR LUNCH BUDDIES. CONVERSATION TIP: YOUR BINGO CHALLENGE!

⁴ **AT KI HEALTH HUB YOU CAN READ MORE ABOUT THEIR ACTIVITIES:**

<https://kise.sharepoint.com/teams/health/SitePages/TopicHome.aspx>