

RUTHERFORD COUNTY WELLNESS

BINGO

Q1 2026: January-March

Participate in 1 of the monthly workout classes	Complete the Health Assessment on MyBenefitsChannel	Stick to your New Years Resolution for at least 6 weeks!	Run or walk a 5k, 10K, or more!	Complete a preventive care activity
Set a SMART goal for your New Year Resolution	Participate in the Couch to 5K Program	Drink 8 cups of water every day for a week	Make the recipe from the monthly newsletter	Attend a wellness program webinar
Attend a Wellness Program Webinar	Walk 10k steps 3x in one week		Complete an Annual Physical	Participate in 1 of the monthly workout classes
Watch an educational wellness video on MyBenefitsChannel	Participate in 1 of the monthly workout classes	Get at least 7 hours of sleep 5x in 1 week	Get a bi-annual dental cleaning	Go for a walk with a co-worker
Participate in Wear Red Day on 2/7	Complete an act of Community Service	Sign up for the weekly wellness emails	Attend a wellness program webinar	Bring a veggie packed lunch to work