



## Frequently Asked Questions

### WHAT IS THE GOAL?

The goal is to take one or more easy steps each week to establish some healthier habits related to eating more fruits and vegetables, fitting in fitness, having gratitude or improving rest. Healthier habits in all these areas can be easy and by taking some simple steps you can experience the benefits without investing a lot of time or money. We hope this program helps you identify some easy, healthy habits you can maintain.

### WHEN?

The program runs from September 20 - October 24, 2021. You have 5 weeks to take steps towards better habits!

### HOW?

- 1) Register for the program at <https://studentwellness.uiowa.edu/programs/bin-go/>
- 2) Print or review the BinGO HAWKS card
- 3) Each week from September 20 - October 24, try to complete one or more activities from the BinGO card and mark it off, record it on a copy of the downloaded fillable pdf form OR record the activities you've completed on the ICON quiz
- 4) At the end of the program, complete the evaluation and register for prizes

### WHAT IF I REGISTERED, BUT HAVEN'T RECEIVED ANY EMAILS ABOUT THE PROGRAM?

Your email may have been entered incorrectly on the registration! If you do not receive an email confirming your registration there may be a problem with the email entry. Contact [joann-miller@uiowa.edu](mailto:joann-miller@uiowa.edu) to check on your registration (and to correct the email if needed).

### WHAT IS A BINGO?

A bingo is completing any full line of activities across, down or diagonal. Examples of bingos are below:

X				
	X			
		X		
			X	
				X

*Bingo!*

X	X	X	X	X

*Bingo!*

			X	
			X	
			X	
			X	
			X	

*Bingo!*

			X	
X	X	X	X	X
			X	
			X	
			X	

*2 Bingos!*

X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

*Blackout!*

At the end of the program you will be asked how many bingos you've been able to complete and be entered in a drawing for prizes based on the number of bingos you've completed (1 entry for each bingo, 15 entries for completing all of the activities (also known as a blackout)).

## **IS IT OK TO ONLY COMPLETE THE ACTIVITIES IN ONE COLUMN OR ROW?**

Yes, if that's what you choose. But we encourage you to try to complete some (or all) activities from each week.

## **DO I HAVE TO COMPLETE THE ACTIVITIES IN ORDER OF WEEKS?**

No, you may complete any of the activities at any time during the 5 weeks. Each week you will receive an email with tips to support the activities featured for that week. By reviewing the weekly tips you may get ideas on how to complete the activities. Or you may look at tips for any of the topic areas at any time on the website or ICON course site.

## **WHY DO THIS?**

College students are often living independently for the first time and establishing lifelong habits. Focusing on some healthier choices now can help establish better habits to support short-term and long-term health. This is an easy, fun way to focus on health and self-care. It may also provide new ideas on how to approach your physical and mental health.

Statistics show that:

- Americans' diets lack fruits, vegetables and at the UI only about 4% of students eat the recommended 5 servings of fruits and vegetables
- 46% of UI students do not get the recommended level of aerobic physical activity and about half don't meet the recommendations for strength training
- Only 10% of students report getting enough sleep to feel rested and over 60% report feeling tired or sleepy several days per week
- Over half of students (52.5%) report higher than average stress with 32% reporting sleep difficulties are a source of stress

Making healthier choices can have a big impact on mental and physical health. Eating well, exercising regularly, learning to express gratitude and engaging in adequate rest reduces stress and anxiety. It also helps manage weight, boost immunity, improve physical and mental energy and intellectual focus. Establishing a healthy lifestyle in college can support better long-term rest, eating, movement and self-care habits to reduce mental and physical health problems like anxiety, depression, eating disorders, heart disease, cancer, diabetes and memory loss.

## **WHERE DO I TURN IN MY BINGO CARD?**

You do NOT have to turn in the BinGO card! Simply complete the final evaluation to report your progress. The evaluation will be emailed during the final week of the program to everyone who registers for the program.

## **HOW DO I GET MY PRIZE?**

When you complete the evaluation, you will receive an email with instructions on picking up your prize for participating in the program.

Everyone who participates (registers for the program and completes the evaluation at the end) gets a prize to support healthier habits (salad shaker, cutting board, can strainer or ear buds). You will also be entered into a drawing for healthy treats for each bingo you complete. Increase your chances for winning by doing more of the activities on the BinGO HAWKS card!