



HCBA YLD Health and Wellness Challenge

May is The Florida Bar and YLD Health and Wellness Month. Now – more than ever – focusing on health and wellness is essential. With many of us adapting to working at home, taking care of loved ones, and coping with uncertainty, it is easy to allow our own personal health and wellbeing to be forgotten. We hope the HCBA YLD Health and Wellness Challenge will motivate and inspire the HCBA YLD to prioritize their health and wellness and establish healthy habits as we adapt to our “new normal.”

How To Get Involved

HCBA YLD encourages all members to participate in its annual Health and Wellness Bingo Challenge to be held from May 1 to May 31, 2020, in connection with The Florida Bar YLD 2020 Affiliate Health and Wellness Challenge. Challenge participants will strive to complete the health and wellness tasks in the bingo squares, and for each completed “bingo,” participants should send a picture of their Bingo Card to HCBAYLDWellness@gmail.com. Each completed “bingo” will enter the participant into a raffle. Participants are also encouraged to post pictures on social media completing each challenge or with the bingo card and include the hashtags #StigmaFreeYLD, #WellLawyer, #HCBAYLD, #FlaYLD, and #KindlyYLD.

Get Your Bingo Challenge Card

Print a copy of the HCBA YLD Health and Wellness Challenge bingo card from the [HCBA website](https://www.hcbar.org/). Encourage your colleagues to also complete the HCBA YLD Health and Wellness Challenge bingo card!

HCBA YLD Health and Wellness Challenge				
 May 1, 2020 - May 31, 2020				
Name: _____				
B	I	N	G	O
Drink six ounces of water each day for a week	Do a virtual workout or yoga class	Go Akatie Kooze - declutter your home and share a before and after picture	Try the weekly wellness tip shared on HCBA YLD social media	Stretch for 10 minutes
Show a sign of gratitude	Complete a 5K	Call a friend or family member while taking a walk	Read a new book for enjoyment	Make a healthy meal with whatever is in your kitchen
Share a wellness post on HCBA or FL Bar on social media	Give someone a compliment	Join HCBA YLD's Wellness Facebook group https://www.facebook.com/HCBAYLDWellness	Do 50 squats and challenge another YLD member on social media to do the same	Avoid screen time 1 hour after waking up and 1 hour before bed and use that time to connect with yourself
Send someone a handwritten note	Listen to a mindfulness podcast and share your favorite with a YLD member	Workout with someone you are social distancing with	Attend YLD Virtual happy hour on May 14th at 5:30 pm	Complete a workout with no equipment (body weight only)
Order healthy take out from a local business and share your favorites with a YLD member	Call someone you haven't talked to in a while	Do a 5 minute glacial meditation	Break a sweat with a household chore	Make a gratitude list, post it in a conspicuous place and add one item each day for a week

All submissions of completed bingo entries are due via email by Wednesday, June 3.

The HCBA YLD encourages its members to make their health and wellness a priority throughout the month of May and all year round! Check out The Florida Bar YLD's Health and Wellness [page](#) for more tips and resources.

For additional questions on this HCBA YLD Bingo Challenge, please email HCBAYLDWellness@gmail.com.

This Challenge is made possible by the Florida Bar YLD's grant and GrayRobinson's sponsorship. The HCBA YLD is appreciative for their support in promoting health and wellness in our local legal community.

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