

PRESCRIPTION

Nassau Safe Walking "Bingo!" Rx

With your safety and health in mind



Your health, safety, and wellbeing matters!

NAME: _____ AGE: _____

CITY: _____

Prescribed for:

- Management of health such as: heart and lung, blood pressure, cholesterol, mental health & other health benefits!
- Enjoyment of your community

FOLLOW AS DIRECTED ON BINGO Rx CARD (ON THE BACK)

Practice random act of kindness and be mindful of your safety while using this prescription.

Bring along some chalk and write messages on the sidewalk, draw an uplifting rainbow, or sketch out a hopscotch game. Not only will it be fun for you and yours, but the next people to come along also get to enjoy the artwork and games!

Refills: *Encouraged after completing your first "Bingo Rx"*

Users are encouraged to consult their health care provider before beginning activities, & should discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath. Consult a medical expert immediately.



Use  or

<https://nassau.floridahealth.gov/programs-and-services/wellness-programs/take-five-trails/index.html>

Click on [Nassau Safe Walking "Bingo" Rx](#)

to print Bingo Rx copies, or call 904-753-1258 to order new ones, and if you have questions.



Partnership for
A Healthier
Nassau

Signature of "Providers"

If you would like to redeem the bingo Card for a chance to win a prize, write your name and phone number and please drop it off at one the Nassau County Health Department Clinic, or take a picture of your completed card and email to CommunityEngagementDOHNassau@flhealth.gov

Nassau Safe Walking "Bingo!" Rx

Take one "Bingo Cell" at least 3 times each week. Drink water during activity



Walk to the nearest green space you can exercise in or play a game	Find a road that needs to be repaved. Make a note and share	 Walk 10,000 steps	Find a street that needs a sidewalk and take a picture*	Find a couple holding hands during a 15 minutes' walk
During a 15 minutes' Walk go to an intersection that has a crosswalk	Walk until you see 4 stop signs and 5 cars observing it	Find a bike lane during a 10- minute walk 	Find someone sitting on a bench during a 20 minutes' walk	Find a chalk art. Cannot find? Draw one!
Find a crossing that would be safer w/ a crosswalk. Make a note & share	Walk at least 10 minutes around an area that has a FOR SALE sign	Do a theme walk or challenge: Flower walk Color walk Leaf walk Seed walk Bird walk Stick gathering	Take a fast five-minutes' walk. You must see 4 people for that to count	Power walk 500 steps, then another 500 at the pace of your choice
 Give a friendly wave to a stranger while on your walk	Find flowers blooming during a 15 minutes' walk and take a selfie there. Send us* that memory.	I WILL PROVIDE MORE DETAILS ABOUT MY EXPERIENCE TO THE HEALTH DEPARTMENT BY CALLING BARB BAPTISTA AT (904)753-1258	Find what you would define as a path or trail you can walk as frequently as you want	Have a race to find the fastest walk runner in your family 
Walk until you find 10 people doing the same (walking)	Take a 30-minute brisk walk	Find a person carrying shopping bags (not a purse or backpack)	Walk to the nearest church	Walk sideways for a block. Make sure to switch sides half way
MAKE IT MINDFUL Complete 2 walking meditations of 2 different lengths	Walk a block on a sidewalk without driveways	Take a 10 minutes' walk and say hello to a stranger that is also on a walk	Share on social media your favorite place to walk. Take a picture*	Walk to the nearest school or church
Take a 10-minute walk, concentrating on your breathing	Walk 5,000 steps 	Walk 5 minutes, squat 5x, then repeat two times – 20 minutes total activity	Take a 15 minutes' walk at 	TAKE A PICTURE OF YOUR COMPLETED CARD & SEND IT TO EMAIL BELOW

If you completed the entire SAFE WALKING BINGO RX Card completing activities at least 3x/week:

Did you notice any positive changes to your wellbeing, heart and lung health /function, blood pressure, mental health or seen other health improvements, such as level or energy and quality of sleep?

Yes No

Please share what changes you have noticed:

On a scale of 0 -5 how much would you credit this change to the Bingo "PRESCRIPTION"?

0 1 2 3 4 5

What features motivates you to walk/wheel in the chosen area? Circle all that applies:

STREET TREES SHADE CROSS-WALKS SIDEWALK WIDTH SEPARATION FROM TRAFFIC LIGHTING
SEATING AREAS ALONG THE WAY PAVEMENT CONDITION ACCESSIBILITY FOR THOSE WITH MOBILITY LIMITATIONS
SAFETY PRESENCE OF DOGS LACK OF DOGS LACK OF INSECTS OR OTHER NUISANCE CONVENIENCE
OTHER PEOPLE EXERCISING PLEASANT PEOPLE AROUND OTHER _____, _____

*EMAIL YOUR PICTURES OR COMPLETED CARDS TO: CommunityEngagementDOHNassau@flhealth.gov