

B	W	E	L	L
Sell something you no longer need	8	Write out your budget	<i>Take a day off from social media</i>	Try a new HEALTHY recipe
Skip dessert and unhealthy snacks today	<i>Go for a walk</i>	V	Do TEN push-ups or squats	Schedule your financial advisor/estate planning meeting
Go for a hike outside	Find ways to cut grocery costs		Compare electric bill rates to cut costs	<i>Get a full 8 hours of sleep</i>
<i>Start a new book or read for 15 minutes</i>	Check your credit score	Walk 5000 steps today	Take a yoga class or stretch for 15 minutes	Log in to Voya
<i>Compliment a stranger</i>	Park farther away than usual	<i>Start a new podcast and listen for 20 minutes</i>	Pack your lunch and make your coffee instead of going out	Start a new workout class

WELCOME TO KURTZ BROS WELLNESS MONTH
LET'S START YOUR BWELL (BINGO) CARD

BWELLS are 5 across- horizontally, vertically, or diagonally, and the middle spot is always

free. Remember to take selfies, when applicable, or send proof of completion to:

hr@kurtz-bros.com