

HCBA YLD 2021 Health and Wellness Bingo Challenge

Event Description: The Hillsborough County Bar Association Young Lawyers Division aims to host its annual Health and Wellness Bingo Challenge again this Bar year with new offerings for our members. As a three-part initiative, our Challenge will promote wellness of mind, body, and spirit. Members will experience positive mindfulness practices, as well as healthy eating and movement, along with the camaraderie of completing the Bingo Challenge together. This HCBA YLD initiative promotes healthy choices, active lifestyles, and mind-body practices through a bingo challenge. A bingo card will be distributed to participating members who must complete the activities listed on each bingo square to the best of their ability. Members will perform a variety of health-related activities, such as stretching for 15 minutes, getting 8 hours of sleep, or completing a 5k run/walk. Members will be encouraged to share their bingo card efforts on social media as they complete the different activities in order to motivate their fellow members. For reference, we have included a sample bingo card with this grant application.

At the conclusion of the challenge, members will submit via email or social media their completed bingo cards with pictures from the activities they performed to raise awareness with other attorneys in the community and the state of Florida. All completed bingo cards will be entered into a raffle for prizes, which will be donated from local wellness-oriented companies. For the past two years, our bingo challenges were met with enthusiasm and an abundance of participants. Due to the safety concerns of COVID-19, this year's bingo challenge will be a virtual event that will encourage connection between the members while providing opportunities to focus on mental wellbeing, which is more important now than ever. We also hope that by encouraging communication and collaboration with respect to the challenge, our members will enjoy more social interaction, which we understand many are lacking as they seek to adhere to social distancing guidelines. The HCBA YLD looks forward to another successful challenge in order to promote healthy living and reduced-stress environments for our members.

In conjunction with the Bingo Challenge, the HCBA YLD's Health and Wellness event aims to promote wellness and mindfulness to ease the demands of our members' profession. This year, we will promote and encourage young lawyers in the Tampa Bay area to participate in a virtual yoga event with either Union Three or Camp Tampa, both of which are cycle and yoga studios. Yoga is a mind and body practice that helps reduce stress and allow participants to get their mind off of work and focus in a meditative, stress-free environment. Holding a virtual event will allow participants to participate in a worry- and stress-free activity while remaining mindful of concerns relating to COVID-19 and the uncertainty surrounding in-person events. This event will correspond with the Florida Bar Young Lawyers Division Health and Wellness Initiative. The HCBA YLD will market the event via email and social media.

Additionally, to urge creativity and wellness in another format, we plan to host a virtual cooking class. Differing from other events we have hosted in prior years, we hope to inspire members to practice mindful eating and ease stress by partaking in a hands-on activity, albeit within their own home. This will also offer members who are not interested in a virtual workout class to participate in a community event with other members that will spur them to cook and focus on healthy eating.

This event will also correspond with the Florida Bar Young Lawyer' Division Health and Wellness Initiative.

Budget

Item	Cost
Virtual Yoga Class	\$200.00 for the class with unlimited availability for participants (based on estimates provided by Union Three and Camp Tampa)
Virtual Cooking Class	\$300.00 for the class with [limited] availability for participants (based on estimates gathered through initial research)

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[Proposed Bingo Card on following page]

HCBA YLD Health and Wellness Challenge



[____], 2021 –, [____], 2021

Name: _____

B	I	N	G	O
Do 50 squats and challenge another YLD member to do the same on social media	Donate to a local non-profit	Share a wellness post by HCBA or FL Bar on social media	Take a walking conference call	Have a dance party in your home
Stretch for 15 minutes	Start the book you have neglected	Send a handwritten note	Do a virtual workout or yoga class	Try a new healthy recipe and share it with another YLD member
Drink 8 glasses of water per day for one week	Jump rope for 5 minutes	Join HCBA YLD's Wellness Facebook group https://www.facebook.com/groups/hcbayldwellness/	Try the weekly wellness tip shared on HCBA YLD social media	Complete a workout with no equipment (body weight only)
Call a friend or family member while taking a walk	Go a week without refined sugar and challenge another YLD member to join you	Get 8 hours of rest	Attend YLD Virtual Happy Hour on [____] at [____]	Share 5 things you are grateful for with someone
Practice a deep breathing exercise	Hold a plank for 2 minutes once a week	Practice 10 minutes of mindful meditation	Avoid screen time 1 hour before bed for a week and use that time to check-in with yourself	Complete a 5k

Rules:

- ❖ Send a picture of your Bingo Card to HCBAYLDWellness@gmail.com of each completed "bingo." Each "bingo" enters you into a raffle.
- ❖ Throughout the Challenge, post pictures of yourself completing the squares or with the Bingo Card on social media with the hashtags #StigmaFreeYLD, #WellLawyer, #FlaYLD, #HillsboroughYLD, and #KindlyLYD
- ❖ All submissions due by [____], 2021.