

Personal Health and Well-Being Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/push

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/push

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/push

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

senescence	skin elasticity	growth;death	stop dividing	Apoptosis	hormones	lipofuscin
antioxidants	decrease	exercise	sight;hearing	30	28	50
hypertension	internet	decreases; increases	poorer health	age	87	ADL & IADL
technology	relaxation techniques	2/3	living environment	lifestyle		

Personal Health and Well-Being

living environment	30	growth;death	ADL & IADL	internet
decreases; increases	poorer health	lifestyle	hypertension	87
relaxation techniques	28	FREE SPACE	sight;hearing	Apoptosis
antioxidants	skin elasticity	stop dividing	2/3	technology
exercise	decrease	age	50	lipofuscin

Personal Health and Well-Being

poorer health	technology	lifestyle	hormones	living environment
antioxidants	decreases; increases	Apoptosis	relaxation techniques	ADL & IADL
lipofuscin	skin elasticity	FREE SPACE	decrease	50
87	30	exercise	28	sight;hearing
internet	growth;death	age	2/3	hypertension

Personal Health and Well-Being

poorer health	lipofuscin	hypertension	decrease	exercise
technology	senescence	ADL & IADL	stop dividing	sight;hearing
hormones	Apoptosis	FREE SPACE	30	28
living environment	lifestyle	age	antioxidants	relaxation techniques
2/3	skin elasticity	internet	growth;death	decreases; increases

Personal Health and Well-Being

sight;hearing	growth;death	relaxation techniques	hormones	87
hypertension	28	technology	internet	skin elasticity
lipofuscin	living environment	FREE SPACE	stop dividing	Apoptosis
poorer health	50	senescence	antioxidants	decrease
ADL & IADL	decreases; increases	lifestyle	30	exercise

Personal Health and Well-Being

sight;hearing	87	growth;death	Apoptosis	2/3
poorer health	antioxidants	senescence	28	lifestyle
30	stop dividing	FREE SPACE	exercise	skin elasticity
decreases; increases	ADL & IADL	50	decrease	hypertension
living environment	age	technology	relaxation techniques	lipofuscin

Personal Health and Well-Being

growth;death	30	living environment	50	stop dividing
ADL & IADL	Apoptosis	lifestyle	hormones	poorer health
hypertension	2/3	FREE SPACE	exercise	internet
lipofuscin	technology	antioxidants	relaxation techniques	sight;hearing
skin elasticity	decreases; increases	decrease	senescence	87

Personal Health and Well-Being

50	skin elasticity	relaxation techniques	internet	stop dividing
poorer health	lifestyle	age	exercise	ADL & IADL
lipofuscin	Apoptosis	FREE SPACE	decreases; increases	28
hypertension	technology	growth;death	hormones	decrease
2/3	sight;hearing	living environment	antioxidants	senescence

Personal Health and Well-Being

skin elasticity	living environment	decreases; increases	antioxidants	2/3
50	sight;hearing	28	growth;death	technology
87	lipofuscin	FREE SPACE	poorer health	hypertension
Apoptosis	ADL & IADL	senescence	30	stop dividing
exercise	internet	decrease	age	lifestyle

Personal Health and Well-Being

antioxidants	technology	decrease	hormones	relaxation techniques
28	87	exercise	growth;death	ADL & IADL
living environment	hypertension	FREE SPACE	lipofuscin	Apoptosis
skin elasticity	lifestyle	age	senescence	internet
50	decreases; increases	poorer health	30	stop dividing

Personal Health and Well-Being

sight;hearing	relaxation techniques	internet	30	technology
50	lifestyle	age	Apoptosis	28
2/3	hormones	FREE SPACE	stop dividing	decrease
living environment	poorer health	exercise	growth;death	skin elasticity
senescence	87	decreases; increases	lipofuscin	antioxidants

Personal Health and Well-Being

senescence	30	28	living environment	ADL & IADL
hypertension	antioxidants	age	poorer health	growth;death
hormones	stop dividing	FREE SPACE	skin elasticity	exercise
internet	relaxation techniques	50	lifestyle	lipofuscin
technology	sight;hearing	2/3	Apoptosis	87

Personal Health and Well-Being

lifestyle	hypertension	age	hormones	Apoptosis
decrease	30	decreases; increases	ADL & IADL	exercise
senescence	28	FREE SPACE	poorer health	stop dividing
skin elasticity	growth;death	sight;hearing	living environment	2/3
antioxidants	50	lipofuscin	relaxation techniques	internet

Personal Health and Well-Being

poorer health	hormones	stop dividing	87	antioxidants
decrease	50	ADL & IADL	hypertension	skin elasticity
technology	lifestyle	FREE SPACE	living environment	relaxation techniques
Apoptosis	age	28	internet	2/3
decreases; increases	sight;hearing	30	exercise	growth;death

Personal Health and Well-Being

decrease	stop dividing	87	exercise	hormones
50	poorer health	hypertension	lipofuscin	decreases; increases
Apoptosis	senescence	FREE SPACE	lifestyle	2/3
growth;death	internet	28	sight;hearing	relaxation techniques
ADL & IADL	living environment	skin elasticity	antioxidants	age

Personal Health and Well-Being

age	antioxidants	growth;death	30	lipofuscin
lifestyle	hormones	sight;hearing	28	ADL & IADL
hypertension	87	FREE SPACE	relaxation techniques	living environment
decreases; increases	poorer health	stop dividing	Apoptosis	skin elasticity
2/3	senescence	50	technology	internet

Personal Health and Well-Being

hypertension	exercise	28	skin elasticity	Apoptosis
technology	sight;hearing	senescence	poorer health	stop dividing
hormones	lipofuscin	FREE SPACE	internet	2/3
growth;death	decrease	lifestyle	living environment	decreases; increases
antioxidants	relaxation techniques	87	age	30

Personal Health and Well-Being

growth;death	hypertension	stop dividing	87	ADL & IADL
skin elasticity	30	age	relaxation techniques	antioxidants
decrease	2/3	FREE SPACE	hormones	decreases; increases
exercise	lifestyle	50	technology	internet
senescence	lipofuscin	living environment	sight;hearing	28

Personal Health and Well-Being

30	exercise	2/3	poorer health	hormones
87	hypertension	living environment	internet	lipofuscin
sight;hearing	growth;death	FREE SPACE	antioxidants	decrease
decreases; increases	relaxation techniques	technology	Apoptosis	age
ADL & IADL	50	lifestyle	28	senescence

Personal Health and Well-Being

technology	decreases; increases	Apoptosis	stop dividing	50
exercise	decrease	antioxidants	87	internet
hormones	lipofuscin	FREE SPACE	living environment	skin elasticity
ADL & IADL	lifestyle	relaxation techniques	age	28
poorer health	growth;death	2/3	senescence	hypertension

Personal Health and Well-Being

hormones	Apoptosis	relaxation techniques	hypertension	lifestyle
2/3	age	internet	30	stop dividing
growth;death	senescence	FREE SPACE	antioxidants	decreases; increases
exercise	poorer health	50	sight;hearing	skin elasticity
lipofuscin	ADL & IADL	28	technology	87

Bingo Card ID 021

Personal Health and Well-Being

relaxation techniques	internet	hypertension	age	lipofuscin
living environment	growth;death	sight;hearing	28	technology
87	ADL & IADL	FREE SPACE	50	skin elasticity
stop dividing	decrease	lifestyle	poorer health	2/3
exercise	Apoptosis	30	hormones	decreases; increases

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Bingo Card ID 022

Personal Health and Well-Being

exercise	2/3	87	internet	decrease
growth;death	lifestyle	30	skin elasticity	poorer health
antioxidants	28	FREE SPACE	senescence	living environment
technology	decreases; increases	50	hormones	relaxation techniques
age	ADL & IADL	sight;hearing	lipofuscin	stop dividing

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Bingo Card ID 023

Personal Health and Well-Being

decreases; increases	decrease	2/3	lifestyle	50
relaxation techniques	skin elasticity	lipofuscin	sight;hearing	antioxidants
poorer health	exercise	FREE SPACE	Apoptosis	age
stop dividing	hormones	technology	senescence	internet
hypertension	87	ADL & IADL	living environment	28

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Bingo Card ID 024

Personal Health and Well-Being

Apoptosis	senescence	lipofuscin	30	decreases; increases
hypertension	internet	stop dividing	sight;hearing	growth;death
hormones	87	FREE SPACE	age	lifestyle
antioxidants	exercise	2/3	50	decrease
ADL & IADL	technology	living environment	relaxation techniques	28

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Personal Health and Well-Being

hormones	lipofuscin	sight;hearing	87	antioxidants
50	exercise	decrease	2/3	skin elasticity
technology	hypertension	FREE SPACE	decreases; increases	30
relaxation techniques	poorer health	senescence	stop dividing	ADL & IADL
living environment	internet	growth;death	age	lifestyle

Personal Health and Well-Being

2/3	age	decrease	poorer health	Apoptosis
skin elasticity	28	exercise	decreases; increases	relaxation techniques
technology	87	FREE SPACE	lifestyle	growth;death
50	internet	lipofuscin	senescence	hormones
stop dividing	hypertension	living environment	antioxidants	30

Personal Health and Well-Being

growth;death	skin elasticity	age	hormones	sight;hearing
stop dividing	relaxation techniques	28	2/3	87
senescence	lipofuscin	FREE SPACE	exercise	50
living environment	technology	antioxidants	internet	hypertension
decreases; increases	decrease	lifestyle	30	poorer health

Personal Health and Well-Being

decreases; increases	skin elasticity	living environment	Apoptosis	lifestyle
technology	sight;hearing	senescence	relaxation techniques	2/3
hypertension	lipofuscin	FREE SPACE	poorer health	50
decrease	antioxidants	87	30	age
ADL & IADL	hormones	stop dividing	exercise	28

Personal Health and Well-Being

decreases; increases	technology	30	senescence	age
2/3	87	28	exercise	50
hormones	antioxidants	FREE SPACE	stop dividing	hypertension
sight;hearing	poorer health	Apoptosis	lipofuscin	ADL & IADL
relaxation techniques	skin elasticity	internet	lifestyle	living environment

Personal Health and Well-Being

internet	age	28	Apoptosis	sight;hearing
ADL & IADL	hypertension	relaxation techniques	decreases; increases	skin elasticity
living environment	hormones	FREE SPACE	growth;death	87
30	exercise	poorer health	lipofuscin	decrease
50	2/3	senescence	lifestyle	technology