

20-MINUTE NEIGHBORHOOD

BINGO

The 20-minute neighborhood is all about living local. What can you access within a 20 minute walk from your home? Get outside and let us know by using **#BRin20** and **#within20** or emailing your results to **bingo@cpep.org**.

Neighborhood: _____

BUS STOP	PARK	GYM	PHARMACY	PLAYGROUND
CHURCH	CROSSWALK	SCHOOL	BAR	GROCERY STORE
THIS STREET COULD USE SOME TREES	COFFEE SHOP	20-MINUTE NEIGHBORHOOD BINGO FREE SPACE	LIBRARY	SIDEWALK
COMMUNITY CENTER	STREET LIGHTING	RETAIL	POST OFFICE	RESTAURANT
BENCH	I CAN'T CROSS THE STREET SAFELY	DOCTOR'S OFFICE	VETERINARY OFFICE	DAYCARE



#within20
#BRin20

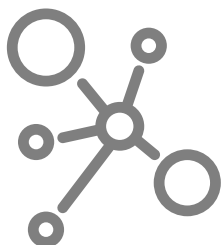
Immediate benefits of participating in this activity include:



Improved
sleep quality



Increased
physical activity



Increased **social connectedness**



Improved
mental wellbeing



Reduced
blood pressure

To learn more about the numerous benefits of walking, visit
www.americawalks.org/resources/benefits-of-walking/