

Description of HCBA YLD 2019 Health and Wellness Bingo Challenge

The Hillsborough County Bar Association Young Lawyer Division's first annual Health and Wellness Bingo Challenge was held from May 1 to May 31, 2019 (the "Challenge"), which corresponded with the HCBA YLD's participation in The Florida Bar Young Lawyers Division's 2019 Affiliate Health and Wellness Challenge. The Challenge promoted healthy choices, active lifestyles, and mind-body practices through a bingo challenge and two workout events. The Challenge kicked off with an indoor cycling event at CAMP Tampa, where a fellow HCBA YLD member guided a full class of attorneys through an intense workout, followed by a kickoff challenge raffle, networking, and a healthy, catered meal prepared by Fresh Kitchen and Whole Body Fuel. The remainder of the challenge involved members performing a variety of health-related activities, such as taking the stairs instead of the elevator at the office, drinking eight glasses of water, and racking up 10,000 steps in a day. Challenge participants successfully strived to complete the health and wellness tasks listed in the bingo squares. We concluded the Challenge at the end of May with a boot camp-style workout led by personal trainers from Camp Gladiator, followed by a presentation and sample meals from ReBuilt Meals.

At the conclusion of the Challenge, members submitted via email and/or social media their completed bingo cards with pictures from the activities they performed to raise awareness with other attorneys in our community and the state of Florida. All completed bingo cards were also entered into a raffle for several prizes, which were donated from local wellness-oriented companies throughout Hillsborough County. The Challenge had approximately one hundred (100) participants, and the HCBA YLD looks forward to next year's health and wellness challenge.

While the Challenge took place during the month of May, the HCBA YLD encourages all HCBA and affiliate voluntary bar members to make their health and wellness a priority throughout the year! Ultimately, the success of Health & Wellness month was met through the countless attorneys who strived to make healthier lifestyle changes, who branched out of their comfort zones, and who made a positive change in their lives. #StigmaFreeYLD #WellLawyer #HillsboroughBarYLD

Challenge Photos









