

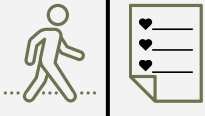


# NEW YEAR'S WELLNESS CHALLENGE

Instead of attempting a New Year's resolution, try completing this monthly challenge designed to help you practice positive lifestyle habits.

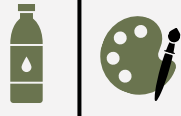
Each day, there is a physical health and emotional wellbeing goal to complete. Aim to do as many as you can throughout the challenge!

DAY 1



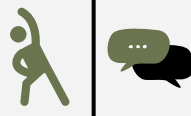
TAKE A 15-MIN WALK & WRITE 3 THINGS YOU'RE GRATEFUL FOR

DAY 2



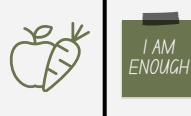
DRINK ONLY WATER TODAY & DO SOMETHING CREATIVE

DAY 3



STRETCH FOR 5 MINS & REACH OUT TO A LOVED ONE

DAY 4



EAT ~3 SERVINGS OF FRUITS & VEGGIES & PRACTICE A POSITIVE AFFIRMATION

DAY 5



WALK 7K STEPS & JOURNAL FOR 5-10 MINUTES

DAY 6



ENJOY A COLORFUL MEAL & STOP USING ELECTRONICS 1 HOUR BEFORE BED

DAY 7



TRY A NEW EXERCISE OR SPORT & MAKE A LIST OF GOALS FOR NEXT WEEK

DAY 8



RESTRICT SWEETENED BEVERAGES & PERFORM A RANDOM ACT OF KINDNESS

DAY 9



TAKE A RELAXING SHOWER OR BATH & CLEAN/ORGANIZE YOUR SPACE

DAY 10



DO A SHORT YOGA OR STRETCHING ROUTINE & MAKE PLANS TO MEET A FRIEND

DAY 11



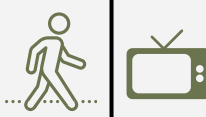
GET ~7 HOURS OF SLEEP & LEARN SOMETHING NEW

DAY 12



EAT A NUTRITIOUS BREAKFAST & PRACTICE MINDFULNESS

DAY 13



GO FOR A MID-DAY WALK & WATCH A TV SHOW OR MOVIE YOU ENJOY

DAY 14



SCHEDULE A PREVENTATIVE CARE APPT & WRITE DOWN 1 THING YOU'RE LOOKING FORWARD TO NEXT WEEK

DAY 15



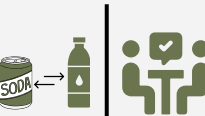
INCORPORATE GREENS INTO EVERY MEAL & SPEND AN HOUR ON A HOBBY

DAY 16



DO 5 SQUATS EVERY HOUR & REFLECT ON 5 THINGS YOU LIKE ABOUT YOURSELF

DAY 17



SWAP SUGARY DRINKS FOR WATER & CATCH UP WITH FRIENDS OR FAMILY

DAY 18



START YOUR DAY WITH STRETCHING & DO SOMETHING FOR YOURSELF

DAY 19



EAT ~2 SERVINGS OF FRUIT & PRACTICE DEEP BREATHING

DAY 20



GO TO BED HALF AN HOUR EARLIER & SPEND AN HOUR WITH NO ELECTRONICS

DAY 21



WALK 10K STEPS & MAKE A LIST OF YOUR ACCOMPLISHMENTS THIS WEEK

DAY 22



TRACK YOUR FIBER INTAKE & DO AN ACTIVITY YOU FIND RELAXING

DAY 23



COMPLETE A FULL WORKOUT & CHECK IN ON HOW YOU'RE FEELING

DAY 24



CHOOSE LOW-FAT/FAT-FREE DAIRY OPTIONS & TELL A LOVED ONE YOU APPRECIATE THEM

DAY 25



TAKE THE STAIRS INSTEAD OF THE ELEVATOR & PRACTICE POSITIVE SELF-TALK

DAY 26



CONSUME ~2 SERVINGS OF VEGETABLES & JOURNAL WHAT'S ON YOUR MIND

DAY 27



TRY A GROUP EXERCISE CLASS & DO SOMETHING NICE FOR A STRANGER

DAY 28



GET ~7 HOURS OF SLEEP & TAKE TIME FOR YOURSELF

DAY 29



DANCE TO YOUR FAV MUSIC & WRITE DOWN 1 THING YOU ENJOYED ABOUT THE CHALLENGE

DAY 30



ENJOY A COLORFUL MEAL & REFLECT ON 2-3 HABITS FROM THE CHALLENGE YOU'D KEEP DOING

DAY 31



TAKE A MID-DAY WALK & REWARD YOURSELF FOR COMPLETING THE CHALLENGE!



Visit our website for more information