

# DECEMBER HEALTH & WELLNESS

# Challenge

Make yourself accountable: tell someone you're doing this challenge. Better yet, encourage a friend to be your accountability partner!

Take 10 minutes to plan out your wellness activities for the next month.

Adios TikTok! Call it an early night & turn off your screens an hour before bed.

Take the stairs, walk the hill. Not in the car? Take your work calls standing.

Stay in and make a simple meal at home.

Exercise for at least 30 minutes today. Aim for 15 minutes of sweat, 15 minutes of stretch.

Turn off all notifications on your phone for one day.

Drink up! Curb dehydration with 6-8 glasses of water today.

Enjoy 30 minutes of self-care. Take a nap, apply nail polish, journal, etc.

Stand up every 90 minutes for a quick 2-5 minute walk or stretch break.

Exercise for at least 30 minutes today. (Your choice of activity)

Make your bed immediately when you wake up. If your partner is still asleep, at least tidy up your side.

Try a new recipe.

Try a new workout/class/fitness activity today. Get creative!

Do a guided meditation for 10 minutes. Check out Headspace or Calm.

Check in with yourself or your accountability partner. How's it going so far? What are your 'wins'? What are any challenges? Brainstorm solutions.

Amp up your workouts. Go longer, push harder, add more weight.

Have a "free from" day. Think alcohol, social media, mindless spending, etc.

Take a hike. Or a loooong walk. Aim for 60 minutes.

"Alexa, play a dance hit." Then dance.

Enjoy a good laugh. Watch a funny show, a comedy clip or listen to a funny podcast.

Set a timer for 5 minutes and see what you can clean/tidy in that time.

Do a mindful activity. Try a walking meditation, coloring, doodling or drawing.

Exercise for at least 30 minutes today. (Your choice of activity)

Practice Hara Hachi Bu. Eat each meal until you're 80% full.

Congratulations! Now commit to incorporating these wellness tips going forward!

*Visit [MarinBreakfastKlub.com](https://MarinBreakfastKlub.com) for more inspiration, motivation, and encouragement!*