

HEALTHY HOLIDAY CHALLENGE

SWEET SERENITY YOGA AND WELLNESS
INTERACTIVE DAILY MINDFULNESS, MOVEMENT AND COMMUNITY CONNECTION

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Set a water intake goal Set an obtainable goal for water intake-and keep it!	2 Go for a walk! go for a walk with your phone on silent	3 50 Jumping Jacks do all at once or split this up and do 10 jacks 5x today!	4 30 second plank Get down and challenge yourself to a 30 second plank-or longer?	5 Take a morning class Carve out some time this morning to take a class.
6 Dance Put on your fave song and dance like no one is watching!	7 Stretch with Ash do this 10 minute guided stretch live or catch the recording later	8 Dance Fit Join Shilo for a 10 min dance fitness break today! Time:TBA	9 Laugh Watch a comedy or read some jokes... laughter releases endorphins! Share what made you laugh	10 Cardio Join Jenine live for a 10minute fusion cardio (or catch the recording later)	11 Legs Up a Wall Stretch plus help regulate blood flow and aid in digestion!	12 Wall squats hold a deep chair squat for 1 minute against a wall
13 Try a new recipe try a recipe you have always wanted to or something completely random	14 Read Nourish your mind with a self-help article or blog	15 50 Squats do all at once or split this up and do 10 squats 5x today!	16 Write a letter write a letter to someone and mail it (or not!)	17 Eat your favourite food Eat your favourite food with NO GUILT	18 FREE Merry-Fit-Mas REFIT 6:30pm Join us for a fun holiday celebration: a FREE Virtual Christmas Dance Party!	19 Cozy Christmas Wear a cozy Christmas sweater or a cozy scarf! Post a pic
20 Play a Game Keep it simple and play solitaire, or a get fun #stayhome group activity	21 Meditate Join Ashly for a 10 minute guided meditation live or catch the recording later	22 Side Plank Variations Simple variations of a side plank with music. Join Shilo live, or catch the recording later.	23 Give someone a compliment Sincere compliments release oxytocin in your brain! Compliment as many people as you can.	24 Go for a walk! go for a walk with your phone on silent	25 Be present Shut out all distractions and be present with your bubble	26 Be present Shut out all distractions and be present with your bubble
27 Self Care Be good to yourself today and allow yourself time to do whatever bring you peace! Bath? Walk? Read? You choose	28 Fill Your Cup Coffee? Tea? Water? Wine? Hot Chocolate? Egnog? Show us a picture your favorite holiday mug!	29 Upper body Join Shilo for a 10 minute upper body workout	30 Balance. We can all use more balance in our lives! Can you stand on one foot for 1 minute? Longer?	31 Count your blessings write a list with as many things you are grateful for that you can!		