



TELL A CHRISTMAS JOKE

DO 25 STAR JUMPS

SHARE A HEALTHY FESTIVE RECIPE

1 MINUTE PLANK

DRINK 1.5 LITRES OF WATER IN ONE DAY

MEDITATE FOR 20 MINUTES

COMPLETE A RANDOM ACT OF KINDNESS



WATCH A FILM

EAT 5 PORTIONS OF FRUIT AND VEG IN ONE DAY



SING IN THE SHOWER



NO FIZZY DRINKS ALL DAY

GO TO BED BEFORE 10PM



HAVE A DANCE TO YOUR FAVOURITE CHRISTMAS SONG

SANTA SELFIE

DO 50 SQUATS

HAVE 4 DRY/ALCOHOL FREE NIGHTS IN A WEEK

GO WITHOUT CAFFEINE FOR 24 HOURS

WALK 10,000 STEPS IN ONE DAY

SPEAK TO SOMEONE YOU HAVEN'T SEEN FOR A WHILE



RUN, WALK OR CYCLE 5K

CHECK IN ON A COLLEAGUE

GO FOR A WALK OUTSIDE

PLAY A BOARD GAME

DO 10 MINUTES OF YOGA



ADVENT BINGO

