Elf for Health Challenge

✅ Complete 1 item per day!

- [ ] Participate in a winter sport with a friend
- [ ] Make a new fitness goal
- [ ] Complete a Sun Salutation yoga sequence
- [ ] Build a snowman
- [ ] Try a new healthy recipe for dinner
- [ ] Donate your time to a local charity
- [ ] Create a new stretching routine
- [ ] Share a health book, podcast, or blog
- [ ] Make a healthy snack for someone you appreciate
- [ ] Make a veggie smoothie
- [ ] Go ice skating
- [ ] Meal plan and prep for 1 week
- [ ] Try a new workout
- [ ] Pantry purge
- [ ] Go makeup free for 1 day
- [ ] Have a fastest kilometer challenge with a friend
- [ ] Pack a healthy snack for work
- [ ] Take some "you" time
- [ ] 3 food groups per meal for 1 day
- [ ] Do a circuit workout
- [ ] Clean out your closet
- [ ] Go snowshoeing
- [ ] Read or write a holiday story
- [ ] Push-up challenge with a friend
- [ ] Bring a healthy snack to work to share with your colleagues
- [ ] Have veggies with your breakfast
- [ ] Write down 5 things you love about you
- [ ] Go skiing
- [ ] Make a fruit basket for a friend or neighbour
- [ ] Go hiking or walking outdoors to enjoy the peaceful winter scenery
- [ ] Decorate your house for the holidays
- [ ] Do a buddy workout
- [ ] Keep a food journal for 1 week
- [ ] Do some resistance training
- [ ] Write a list of 10 things you are grateful for
- [ ] Replace a less-than-healthy snack with healthy nuts
- [ ] Meditate for at least 10 minutes
- [ ] Take a minimum 15-minute walk three times in 1 week
- [ ] Treat yourself
- [ ] Write down 3 goals for 2023