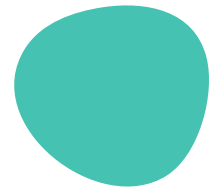
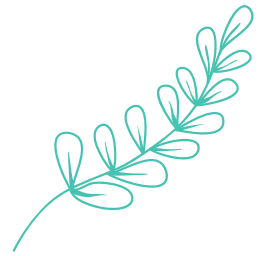




31-Day Health Challenge for the New Year

Ready to tackle the new year with a fun challenge? Each day, try a new healthy activity that will make you feel good daily.

1. Try a New Healthy Food
2. Get Outside
3. Eat Three Green Foods
4. Drink Only Water
5. Skip the Salt
6. Unplug
7. Take the Stairs
8. Eat More Fresh Fruit
9. Cook at Home
10. Spend a Day on Self-Care
11. Take a 30-Minute Walk
12. Walk 10,000 Steps
13. Go to Bed Early
14. Watch an Inspirational Video
15. Stretch
16. Download a Fitness App to Try
17. Try a New Fitness Class
18. Eat an Entire Meal of Veggies
19. Stroll Around Your Local Park
20. Go Meatless
21. Explore a Relaxing Evening Routine
22. Try a Farm-to-Table Restaurant
23. Do 10 Squats
24. Offer Gratitude
25. Set Aside 5 Minutes for Deep Breathing
26. Do a Happy Dance
27. Take a Mental Health Day
28. Try a New Recipe
29. Declutter Social Media
30. Skip All Processed Foods
31. Workout With a Personal Trainer



Want to do this health challenge at work? Start a leaderboard and have everyone report back on their progress. Cheer each other on and encourage one another!

