

THE WINTER WELLNESS COUNTDOWN CALENDAR

4th

Mindful Monday

Start the day with a 10 minute morning meditation session



DECEMBER

4th - 10th

Balancing Mind and Body



Be sure to track your progress!



2023

5th

Tasty Tuesday



Prepare a healthy, nutrient-rich smoothie



6th

Workout Wednesday

Engage in a 30-minute home workout session



7th

Thankful Thursday

Write and send a gratitude message or email to a friend or family member



8th

Flexible Friday

Spend 15 minutes today actively stretching



9th

Sleepy Saturday



Try leaving your phone outside the bedroom tonight

10th

Self-Care Sunday

Spend an hour doing a hobby or activity you enjoy



THE WINTER WELLNESS COUNTDOWN CALENDAR

11th

Mindful Monday

Focus on the flavors of your meals today without distraction



DECEMBER

11th - 17th

Nutritional Balance



Be sure to track your progress!

2023

12th

Tasty Tuesday



Try cooking a new recipe that's both nutritious and delicious

13th

Workout Wednesday

20 minutes of cardio to enhance metabolic health



14th

Thankful Thursday

Write down why you're thankful for access to your favorite foods



15th

Flexible Friday

Try twist stretches that aid digestion and gut health

16th

Sleepy Saturday



Incorporate foods that promote better sleep today like tea

17th

Self-Care Sunday

Meal prep a favorite meal for next week



THE WINTER WELLNESS COUNTDOWN CALENDAR

18th

Mindful Monday

Set your fitness intentions for the week



DECEMBER

18th - 24th

Festive Fitness Fun



Be sure to track your progress!



2023

19th

Tasty Tuesday



Prep your favorite fruit for an energy boost pre workout



20th

Workout Wednesday

Enjoy a 30-minute 'Jingle Bell Jog,' with a festive playlist



21st

Thankful Thursday

Reflect on the joy and benefits of being able to move and exercise.



22nd

Flexible Friday

Build in 15 minutes to stretch your hamstrings



23rd

Sleepy Saturday



Try to be in bed by 10:15 pm tonight

24th

Self-Care Sunday

Choose a light, enjoyable physical activity that feels like self-care



THE WINTER WELLNESS COUNTDOWN CALENDAR

25th

Mindful Monday

Start the day with a reflection of your successes this year



26th

Tasty Tuesday



Cook one healthy dish to bring to holiday parties



27th

Workout Wednesday

15 minutes of gentle yoga to reflect on the year & be grateful



28th

Thankful Thursday

Reflect on and write about the health and wellness journey of the past year



29th

Flexible Friday

Hold two active and two passive stretches for 5 minutes each



30th

Sleepy Saturday



Limit screen time 60 minutes before bed

31st

Self-Care Sunday

Set wellness intentions for the new year

