



Healthworks
the community health charity

One A Day December

Quick and easy daily activities for a happier and healthier countdown to Christmas

1 WED	2 THURS	3 FRI	4 SAT
5 SUN	6 MON	7 TUES	8 WED
9 THURS	10 FRI	11 SAT	12 SUN
13 MON	14 TUES	15 WED	16 THURS
17 FRI	18 SAT	19 SUN	20 MON
21 TUES	22 WED	23 THURS	24 CHRISTMAS EVE



One A Day December

Quick and easy daily activities for a happier and healthier countdown to Christmas

1

Download our Festive Fun 2021 activity book for lots of family activity ideas, tips, quizzes and recipes

WED

2

Take a walk or do an outdoor activity for 30 minutes today

THURS

3

Eat at least one portion of fruit or veg with each meal

FRI

4

Make housework fun...get those tunes on while you work!

SAT

5

Try some new recipes and prepare and plan meals for the whole week

SUN

6

Drink a glass of water before each meal

MON

7

Sign up for a new activity class or try an online exercise workout

TUES

8

Send a nice text message to someone or share a photo of a happy memory with them

WED

9

Take 10 mins to sit in a quiet place and relax - try a relaxation breathing exercise

THURS

10

Have a 60 minute home disco and dance to your favourite songs!

FRI

11

Spend as much time outdoors as you can today

SAT

12

Sign up for our 12 Days Of Fitmas challenge!

SUN

13

Set yourself three realistic goals for this week

MON

14

Have a TV free evening and do something else that makes you happy

TUES

15

Open all blinds and curtains to let as much natural light into the house as you can, open windows for a bit to let some fresh air in too

WED

16

Have a meat free day today and try one of our vegetarian recipes

THURS

17

If drinking alcohol, alternate with water or soft drinks or give our mocktail recipes a go!

FRI

18

Take a walk and explore your local area - try one of our Historic Trails or Wellbeing Walks

SAT

19

Turn off all mobile phones and other devices 2 hours before bedtime

SUN

20

Make sure you do the most important thing on your to-do list today!

MON

21

Do some exercise while you are waiting for the kettle to boil

TUES

22

Limit yourself to just one Christmas treat today!

WED

23

Create a playlist of your favourite Christmas songs and spend an hour singing along loudly!

THURS

24

Get in touch with a friend, neighbour or family you haven't heard from in a while

CHRISTMAS EVE