Healthworks
the community health charity

One A Day December

1 Download our Festive Fun 2022 activity book for lots of family activity ideas, tips, quizzes and recipes
THURS

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

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

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

5 Try some new recipes and batch cook meals for the whole week
MON

6 Drink a glass of water before each meal
TUES

7 Turn off electrical appliances instead of leaving them on standby
WED

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

9 Have a go at our Christmas Wall-Sit Challenge
FRI

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

11 Spend as much time outdoors as you can today
SUN

12 Check out our Boost Your Feelgood top tips
MON

13 Keep warm by keeping moving and try one of our 20 minutes home workout
TUES

14 Turn your lights off when you're not using them and let in as much natural light as possible
WED

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

16 Wash your clothes at a lower temperature and make sure you have a full load before switching on
FRI

17 If drinking alcohol, alternate with water or soft drinks or give our mocktail recipes a try
SAT

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

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

20 Take a shorter shower today or swap your bath for a shower instead
TUES

21 Have a TV free evening and do something that makes you feel happy instead
WED

22 Limit yourself to just one Christmas treat today!
THURS

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

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