

JOIN THE 6 WEEK CHARITY CHALLENGE

8 January – 18 February 2024

19 February – 31 March 2024



6 DIMENSIONS OF WELLBEING

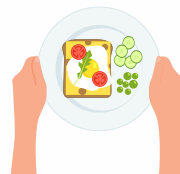
A 6-week wellness challenge is a great way to promote healthy habits, boost morale, and foster teamwork. Each mini challenge is for 7 days.



Week 1

Physical Activity

30 minutes of exercise every day and track your daily progress.



Week 2

Healthy Eating

Eat at least one serving of fruits or vegetables from each colour of the rainbow every day.



Week 3

Mindfulness

Practice mindfulness meditation for at least 10 minutes every day.



Week 4

Sleep

Aim for at least seven hours of quality sleep every night.



Week 5

Hydration

Drink at least 1.5 litres of fluid daily.



Week 6

Posture

Stretch for 1 minute before you start moving.

healthoutfit