

12 Christmas Crackers

CHALLENGE



Attend a drop in to pick up the card



Go for a festive walk



Complete a home workout



Complete 10,000 steps



Comment on a FB post or send an update to your advisor



Attend an extra weigh in



Maintain or lose weight from last time weighed



Attend a leisure centre class or gym



Cook a recipe from scratch



Bake a healthy version of a Christmas treat



Make your own Christmas drink instead of buying one



Attend a Livewell class