

livewell

healthy advent 2018

1

festive fitness challenge starts – pick up your card today!

2

jingle jog at markeaton park. do a 5k walk/run if you haven't signed up.

3

refrain from buying big chocolate tubs too early as you'll eat and replace them.

4

save the money you'd normally spend on cigarettes in a jar for a xmas treat.

5

burn off that mince pie at stephen's midweek mixer 6pm at sunnyhill community centre.

6

join our led festive walks – 12 from the cafe at alvaston park or 6.45pm from mickleover library.

7

a short walk or stretch is proven to cut smoking cravings.

8

boost your family's steps, explore the free elf trail at markeaton park.

9

make putting up the decorations a fun workout by dancing around the xmas tree!

10

start the day with a good breakfast. porridge will keep you full til lunch.

11

change your morning routine to avoid craving triggers.

12

stuck for time? try our 10-min work out weds exercises on facebook & twitter.

13

power walk your late night xmas shopping. use a pedometer for motivation.

14

have a small snack before a party to avoid drinking on an empty stomach.

15

livewell rudolph run – join us at the markeaton parkrun dressed in festive attire.

16

head to derby ice rink for some calorie-burning fun. xmas jumper a must!

17

remind yourself why you quit by keeping a list of reasons handy.

18

relieve tension at gemma's stretch & relax, 7.45pm at lees brook school.

19

nibble on heart protecting nuts instead of sugary snacks.

20

take a walk to discover local festive lights and decorations.

21

out tonight? download the drinkaware tracker app to drink sensibly and avoid a hangover.

22

download our healthier xmas recipes on our resources web page.

23

top up your fruit bowl to get your recommended portions.

24

think before you eat – average weight gain between today and new year is 4lbs.

25

enjoy yourself but don't sit down all day – use outdoor gifts like bikes, scooters & footballs.