

# 30 DAY HEALTH AND WELLNESS CHALLENGE

<p>1</p>  <p>Exercise for 30 minutes</p>	<p>2</p>  <p>Consider setting up automatic transfers to your savings account on the days you get paid</p>	<p>3</p>  <p>Use half of your lunch break for a brisk walk or quick workout</p>	<p>4</p>  <p>If safe and feasible, get off the bus or train one stop early and walk to work</p>	<p>5</p>  <p>Make life simple and have all your car running costs bundled into one regular payment with a novated lease</p>	<p>6</p>  <p>Running errands? Pile on those steps by parking further away</p>
<p>7</p>  <p>Get a minimum of 7 hours of sleep</p>	<p>8</p>  <p>Give your brain a break every hour to increase productivity</p>	<p>9</p>  <p>Brighten someone's day or give credit for a job well done!</p>	<p>10</p>  <p>Have a day off social media. Turn off Facebook and Instagram for a day and find other ways to really connect with people</p>	<p>11</p>  <p>Take a walk in a park and explore your senses</p>	<p>12</p>  <p>Try PMR (progressive muscle relaxation) before you go to sleep</p>
<p>13</p>  <p>Laugh! Watch a funny movie</p>	<p>14</p>  <p>Clean up your clutter</p>	<p>15</p>  <p>Batch cook a recipe and freeze for later</p>	<p>16</p>  <p>Write down three positive things about your day</p>	<p>17</p>  <p>Read for 20 minutes before you go to sleep</p>	<p>18</p>  <p>Perform one random act of kindness</p>
<p>19</p>  <p>Pack a healthy snack for lunch</p>	<p>20</p>  <p>Consider a novated lease and maximise any tax benefits you're eligible for</p>	<p>21</p>  <p>Buy some plants or flowers for your office space. They can reduce stress and improve your mood</p>	<p>22</p>  <p>Share lunch with a co-worker</p>	<p>23</p>  <p>Instead of multitasking, try focusing on one task at a time today</p>	<p>24</p>  <p>Do the "Noon Walk" - walk for 30 minutes during lunch with co-workers</p>
<p>25</p>  <p>Shut off all devices a few hours before bed for better sleep</p>	<p>26</p>  <p>Sign up for something that you have always wanted to do or learn about</p>	<p>27</p>  <p>Aim to get 10,000 steps</p>	<p>28</p>  <p>Enjoy 10 minutes of quiet time for relaxation or reflection</p>	<p>29</p>  <p>Consider a "no spend" day</p>	<p>30</p>  <p>Drink a litre of water during the day to stay hydrated and avoid fatigue</p>