



# 2021 ADVENT CALENDAR



**1** Set yourself a health goal for the month.

**2** Phone a friend or family member you haven't spoken to in a while.

**3** Try a short resistance workout.

**4** Drink at least eight glasses of water.

**5** Write down five things you're grateful for this holiday season.

**6** Make one of our healthy indulgence recipes and share with a friend.

**7** Share your favourite TWD blog in the Facebook Private Group.

**8** Track everything you eat today in the food tracker.

**9** Take some time to stretch and relieve tension from your muscles.

**10** Watch our Facebook Live on how to handle Christmas stress.

**11** Take a walk outside and (safely) enjoy the summer sunshine.

**12** Plan to have at least two alcohol-free days this week.

**13** Try a relaxing bedtime routine: have a hot bath, read a book, or meditate.

**14** Make a refreshing summer smoothie.

**15** Read our blog about not giving up on your weight loss goals during the holidays.

**16** Instead of watching TV tonight, meet a friend for a walk.

**17** Make a healthy, party-friendly recipe to take to your next party.

**18** Write down your new year's resolutions using the SMART goal principle.

**19** Read our blog about why you don't need to detox after the holidays.

**20** Treat yourself to an early Christmas present: get a massage or your nails done.

**21** Spend two minutes today taking deep, relaxing breaths.

**22** Try some healthy mocktail recipes to drink on Christmas day.

**23** De-stress with time in nature. Go to the beach or a park, or for a bushwalk.

**24** Practice mindful eating: chew your food, savour the tastes, and stop when you're full.

**25** **MERRY CHRISTMAS!** Enjoy the day with family and friends.

Go to [blog.totalwellbeingdiet.com](http://blog.totalwellbeingdiet.com) to find the link.

