



2-Week Wellbeing

LOCKDOWN CHALLENGE

Be in to win a monthly
fitness pass!



Day 1 ■	Day 2 ■	Day 3 ■	Day 4 ■	Day 5 ■	Day 6 ■	Day 7 ■
Unwind. Do 30 minutes of yoga or stretching.	Healthy snack. Try a new recipe to make a wholesome snack.	Exercise. Spell your name, assign an exercise to each letter, then do 20 reps of each.	Feel grateful. Write down three things that you are grateful for.	Nourish your body. Eat five serves of fruit or vegetables.	Connect. Play a board game or phone three friends or family members.	Tabata workout. Choose five exercises – 40 seconds on, 20 seconds off. Repeat.
Day 8 ■	Day 9 ■	Day 10 ■	Day 11 ■	Day 12 ■	Day 13 ■	Day 14 ■
Meditate and be mindFul. Ask everyone in your bubble to sit and relax in silence for 30 minutes.	Challenge yourself. Learn something new.	Spring clean. Choose a drawer, a room or the garage and get de-cluttering.	Give. Give your time, your words and your aroha to everyone in your bubble.	Switch off. Have a device-free day.	Eat breakfast. Start your day off right by making a nutritious breakfast.	30 minute walk or jog. Take notice of your surrounds and feel gratitude that you can get outdoors.

Complete all 14 challenges and go in the draw to win a monthly fitness pass to use at any Council Recreation Centre.

To enter, fill out what you did for each daily challenge, then email your completed entry form along with your name and phone number to Linda Miratana by 24 April 2020: linda.miratana@selwyn.govt.nz

