




JanYOUary



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  SMITHILLS SCHOOL	2  SMITHILLS SCHOOL
3  SMITHILLS SCHOOL	4  SMITHILLS SCHOOL	5  SMITHILLS SCHOOL	6 1. Get moving - Blow away the cobwebs with a 30-min walk in the fresh air 2. Take time out - Write down your goals for 2021	7 1. Get moving - Set off from home, run or jog for 15 mins then turn around and run or jog back - 2. Take time out - Create a reading list.	8 1. Get moving - Do a 30-min yoga session with Adriene on YouTube Click here! 2. Take time out - Declutter, charities will be grateful for any donations!	9 1. Get moving - Do 25 lunges per leg, 20 squats, 20 press-ups and 20 crunches 2. Take time out - Put regular slots in your calendar to take a break
10 1. Get moving – Do 30 mins of desk stretches Click here! 2. Take time out – Reach out to someone you haven’t spoken to for a while	11 1. Get moving - Borrow a dog and get out for a walk round the block or to some nearby green space 2. Take time out - Bake with leftover Christmas chocolate	12 1. Get moving – Stand up at your desk for one of your live lessons. 2. Take time out - Take 30 mins without the TV or your smart device before bed.	13 1. Get moving - Do some weight training at home using tins Click here! 2. Take time out - Go for a mindful walk on your lunch break. Notice the small things!	14 1. Get moving - Try a Shrek HIIT session on YouTube with some classic songs from the film Click here! 2. Take time out - Sit by a window and watch the world go by	15 1. Get moving - Climb the stairs for 30 mins. Stick on your favourite tunes while you do it! 2. Take time out - Make an extra effort to create a comfortable space to enjoy your Friday evening	16 1. Get moving - Pick a local landmark around 15 mins’ walk or running time away and walk or run there and back 2. Take time out - Listen to your favourite album or playlist
17 1. Get moving - Try a 30-min HIIT session with Joe Wicks, The Body Coach Click here! 2. Take time out - Enjoy a mindful lunch. Banish smart devices while you eat	18 1. Get moving – Walk to your local shop to buy yourself a treat to reward yourself for a great start to the week 2. Take time out - Watch a feel-good film that you love	19 1. Get moving - Do a 30-min full-body circuit training routine Click here! 2. Take time out - Write a gratitude list of things you’re grateful for	20 1. Get moving - Go for a 30-min walk and alternate 5 mins normal pace with 5 mins fast pace 2. Take time out - Make yourself your favourite lunch	21 1. Get moving - Try a latin dance workout on YouTube Click here! 2. Take time out - Watch a TV show or film that makes you laugh	22 1. Get moving - Have an active cleaning spree on your lunch. Playing music helps! 2. Take time out - Have a bath to wind down from the week	23 1. Get moving - Find a local cycle route and get on your bike for 30 mins 2. Take time out - Pick up the phone and call a loved one or a colleague just to say ‘hi’
24 1. Get moving - Try a pilates for stress relief on YouTube Click here! 2. Take time out - Take a day off from social media	25 1. Get moving - Put some upbeat music on and dance. Singing is optional 2. Take time out - Write a list of all the things that make you feel happy	26 1. Get moving - Do 10,000 steps in 30 mins 2. Take time out - Take a full lunch break and devote half of it to something you enjoy doing	27 1. Get moving - Try a Hip-Hop Fit workout on YouTube Click here! 2. Take time out - Sit still and quietly by yourself and let your mind wander	28 1. Get moving - Do a 30-min stretch routine to increase flexibility Click here! 2. Take time out - Stand up and notice the feeling of your feet on the ground.	29 1. Get moving - Walk to a local place with an impressive view 2. Take time out - Look through old photos. Savour the good memories	30 1. Get moving - Set off from home, cycle for 15 mins, turn around and cycle back 2. Take time out - Listen to a podcast about something you are interested in.
31 1. Get moving - Finish strong with a STRONG by Zumba total-body workout - have water and a towel ready Click here! 2. Take time out - Allow yourself to take an afternoon nap						