



**New Year New Goals**

# New Year New Goals

## Day One



Start your ten day journey with a walk that lasts for 30 minutes. It could be a 15 minute walk to work and back, a journey to the shops or a walk around the block to take in some fresh air.

**PHYSICAL CHALLENGE**

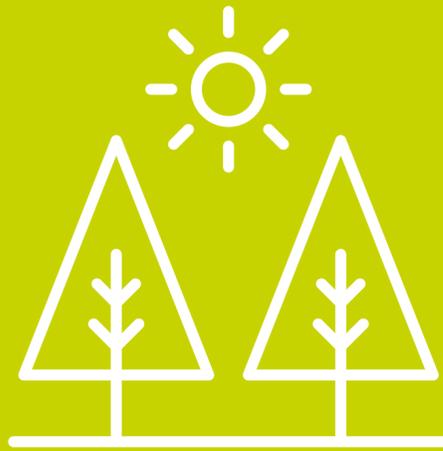


Pay attention to what is happening and how you're feeling at that exact moment. Simple mindfulness exercises can be practiced anywhere, at any time. Why not do this whilst you're out on your walk?

**WELLBEING CHALLENGE**

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## Day Two



Today, we are going to lift the pace, walk briskly for ten minutes around a local park and then turnaround and walk at a normal pace for ten minutes back the way you came.

**PHYSICAL CHALLENGE**



Be present in the moment. Close your eyes and put one hand on your tummy, breathe deeply and concentrate on your hand moving up and down with your breath. Simply notice any thoughts as they come and go - like clouds passing in the sky.

**WELLBEING CHALLENGE**

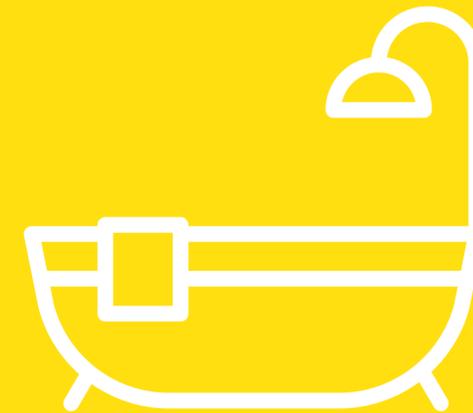
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## Day Three



Today, we're going to walk fast for three minutes, or walk fast for two minutes and jog for 60 seconds if you think you're up to it. Take a breather with a normal walk for 60 seconds before repeating this as many times as you can or eight times before cooling down with a two minute walk at a normal pace. Be careful not to overdo it, just as many times as you can.

**PHYSICAL CHALLENGE**



Try taking a mindful shower. Feel the water against your skin, the smell of soap, the temperature. Listen to the sounds of running water and notice your thoughts and feelings as you do this.

**WELLBEING CHALLENGE**

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## Day Four



Begin with a two minute fast walk, follow this up with a 90 second run or continue to walk fast, then walk at a normal pace for another 60 seconds. Try and repeat this ten times or for as many times as you feel comfortable.

**PHYSICAL CHALLENGE**



Try clenching your fists, hold on as tight as you can, notice the feelings in your hands and arms, then slowly let go. Notice your fingers unfurling, the trickle of letting go all through your hands, arms and shoulders, notice how good it feels to let go!

**WELLBEING CHALLENGE**

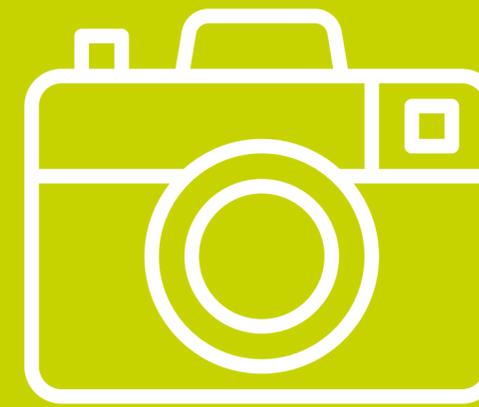
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## Day Five



Today we're going to step it up a notch. Begin with a three minute fast walk, two minutes running or a five minute fast walk with a one minute normal walk. Repeat this six times if you can.

**PHYSICAL CHALLENGE**



Spend some time doing what you enjoy and just be in the moment of creation. Whether you like to draw, paint, build, or take photographs - your creative side is mindful by its very nature.

**WELLBEING CHALLENGE**

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## Day Six



Today we're going to turn it down a notch for a rest day. Take a simple walk for as long or as little as you want. You've earned it.

**PHYSICAL CHALLENGE**



During your walk, focus on the actual experience of walking. Feel the ground beneath you as you walk. Notice the sights, the sounds, the smells, and the feel of the world as you move through it.

**WELLBEING CHALLENGE**

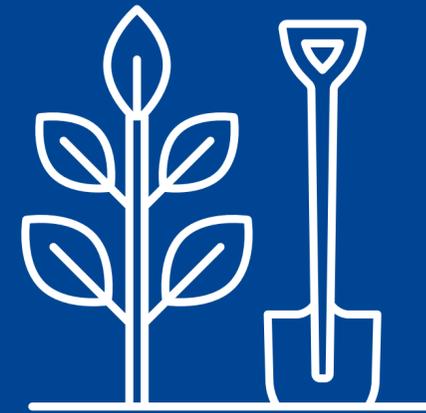
# New Year New Goals

## Day Seven



Now we are going to reduce the rest period. Start with a two normal minute walk and in to a three minute jog or fast walk. Give yourself a 20 second rest and repeat for another eight times or for as long as you feel comfortable.

**PHYSICAL CHALLENGE**



What are you grateful for today?  
Focus on and appreciate the small everyday things which help us to recognise the good in our lives.

**WELLBEING CHALLENGE**

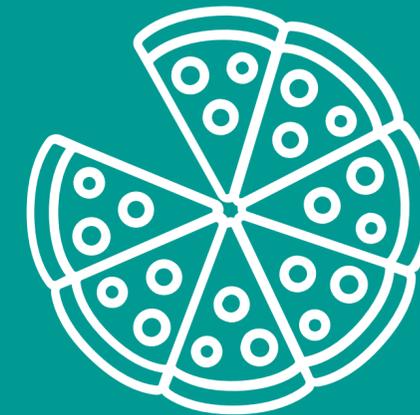
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## Day Eight



Start with a moderate or fast walk for three minutes, then go in to a fast paced walk or run for three minutes, followed by a one minute rest. Repeat this four times.

**PHYSICAL CHALLENGE**



See your wonders. Today list five things that always bring a smile to your face, such as a beautiful sunset, a walk in the woods, or your favourite food.

**WELLBEING CHALLENGE**

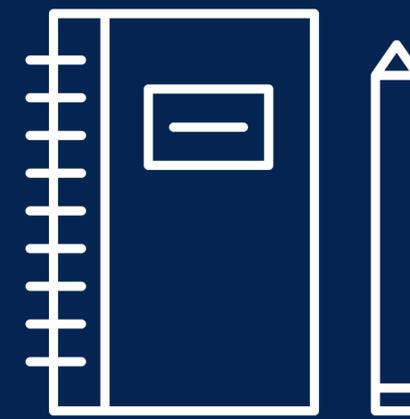
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## Day Nine



Let's increase the time today. Begin with a four minute warm up walk, then three minutes of running/fast walking and 90 seconds walking, then another three minutes of running/fast walking and another 90 seconds walking.

**PHYSICAL CHALLENGE**



Write it out - get a pen and paper, think of something that is currently bothering you, and write about it. Don't try to solve it; just focus on getting your thoughts out of your head and onto paper.

**WELLBEING CHALLENGE**

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## Day Ten

### IT IS TIME TO PUT ALL YOUR EFFORTS TO THE TEST

Start with a three minute light jog workout. Then go in to a three minute run, followed by a one minute rest. Finish with a six minute run home.

Or

Start with a three minute walk. Then go into an eight minute fast paced walk followed by a one minute rest. Finish with a fast paced six minute walk home.

### AND RELAX...

Make time during today to pause and reflect on your achievement over the last ten days.

Stop what you are doing.

Look out of the window.

Let your shoulders drop.

Stretch.

Allow your mind to calm down.