

2024 December

Reflect and renew: a year of well-being.



** Always consult your physician before starting a new diet or fitness routine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Go for a quick 5-minute walk to clear your mind today.	2 Don't let the holiday hustle cramp your self-care.	3 Schedule some time for yourself today.	4 Take your workout inside when it's too cold outside.	5 Try something new by taking a virtual class.	6 Stay grounded with meditation and self reflection.	7 Find five minutes to breathe and reflect on your week, or year.
8 Not ready for burpees? Try some beginner workouts!	9 Challenge yourself with a new workout today.	10 * WEBINAR * Start a gratitude journal today.	11 Write down three things you're grateful for today.	12 Motivation waning? Try a fitness challenge from Fitness Pass	13 Ask a friend to join you in a challenge to keep you accountable.	14 Reflect on how much you've learned and grown this year!
15 Write down three things you did this year you're proud of.	16 Try gentle movement to boost your mental health.	17 Ease into movement with a walk or take a Tai Chi class.	18 Keep the stress at bay – tips for workouts at home or in the gym.	19 Try out an on-demand or live digital fitness class.	20 Rest and reflection help keep your fitness balanced.	21 Allow rest and recovery between workouts to prevent injury.
22 Take a moment to reflect on your health this past year.	23 Pause to thank your body for what it has done for you today.	24 Write down a fitness and non-fitness goal for 2025.	25 Consider your plan to accomplish your goals.	26 Start the new year off with the right tools!	27 Beat the January rush and sign up for a gym close by.	28 Take a moment to prepare yourself for a fresh 2025.
29 Write down your intention for the new year.	30 Celebrate all your wins, big and small.	31 Find an online community who share similar goals.	Winter Reflection: Take time during this busy season to reflect on how far you've come and to set positive intentions for the coming year.			

My well-being focus for December is:



Explore all your well-being benefits at One.Walmart.com/wellbeing

My December well-being webinar



Winter Wellness:
Relax, Reflect, Renew

Tuesday, December 10, 2024 @ 12pm CST

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