



SUN	MON	TUES	WED	THURS	FRI	SAT
<p style="text-align: center;">30 DAYS OF <i>active living</i></p>						<p>01</p> <p><b>The first step to getting more active is to wear your Activewear!</b></p> <p>Pull on your Activewear first thing each morning and see the difference it makes!</p>
<p>02</p> <p><b>2 Litres - the minimum amount of water you should drink daily.</b></p> <p>Drink 600ml in the morning to kick start your day. Add fresh lemon cucumber, orange or berries for a delicious twist.</p>	<p>03</p> <p>Running <b>3</b> times per week is the optimum number to see health benefits.</p> <p>To increase bone density and cardiovascular fitness stick to a moderate pace.</p>	<p>04</p> <p>Start your week strong! Complete <b>4</b> rounds of this circuit:</p> <p><b>20 x jumping jacks</b> <b>15 x squat jumps</b> <b>10 x lunges</b> <b>5 x push ups</b></p>	<p>05</p> <p><b>5 squats</b> for every hour you sit.</p> <p>On the hour stand up and drop that booty for 5 squats.</p>	<p>06</p> <p>Try our <b>ENERGY BOOST SMOOTHIE</b></p>	<p>07</p> <p>Moving <b>7</b> days a week, 20-30 minutes a day is all you need to improve your health and wellbeing!</p> <p><b>#moveeveryday</b></p>	<p>08</p> <p><b>8</b> minutes - how long we mediate for each morning on the Active Living Program.</p> <p><b>Give it a try!</b></p>
<p>09</p> <p>Sunday Funday!</p> <p>Get your friends together for a <b>hike</b> before a delicious brunch.</p>	<p>10</p> <p>Take a <b>10-minute walk</b> at lunchtime to reduce stress, clear your mind, refocus, improve your mood and productivity.</p>	<p>11</p> <p><b>11</b> - the number of major styles of yoga practiced globally.</p> <p>Find the one that suits you or give them all a try!</p>	<p>12</p> <p>120 reps!</p> <p><b>Complete 2 rounds</b> <b>15 x jump squats</b> <b>10 x walk outs</b> <b>5 x burpees</b> <b>10 x lunges</b> <b>15 x glute bridges</b> <b>5 x push ups</b></p>	<p>13</p> <p><b>13%</b> of adults globally were obese and 39% overweight according to the 2016 WHO report. Since 1975, worldwide obesity has tripled. In Australia,</p>	<p>14</p> <p><b>You've been moving for 14 days!</b></p> <p>Already you've increased your energy levels, metabolism and overall fitness.</p>	<p>15</p> <p>Just <b>15</b> minutes outside can boost your mood, reduce stress and increase your concentration and engagement.</p> <p><b>Get outside today for a hike!</b></p>
<p>16</p> <p>Try something new!</p> <p><b>Sign up for a new class and try a different type of exercise.</b></p>	<p>17</p> <p><b>17</b> minute workout</p> <p>Complete 4 rounds <b>1 minute high knees</b> <b>1 minute mountain climbers</b> <b>1 minute burpees</b> <b>1 minute plank</b> <b>1 minute rest</b></p>	<p>18</p> <p>Try this snappy snack for energy in the afternoon!</p> <p><b>BANANA BITES</b></p>	<p>19</p> <p>For every 1 hour of screen time <b>do 3 jumping jacks.</b></p>	<p>20</p> <p>Did you know... laughing can increase blood supply by <b>20%</b></p> <p><b>What makes you smile?</b></p>	<p>21</p> <p>Research show it takes <b>21</b> days to form a new habit.</p> <p><b>Congratulations, moving daily is your new routine!</b></p>	<p>22</p> <p>Swap your Saturday sleep in for an early morning <b>bike ride</b> to get your weekend moving.</p>
<p>23</p> <p><b>1 week to go until Active Nation Day!</b></p> <p>Lock in your plans for next week and get everyone confirmed and excited!</p>	<p>24</p> <p><b>Every 24 hours - more than 150 pairs of Amy tights are sold in Australia.</b></p> <p>A classic, versatile tight perfect for the gym, your errands and coffee dates!</p>	<p>25</p> <p>Feeling a bit sore? Recovery is important so have a soak in the tub with this</p> <p><b>DIY RECOVERY SOAK</b></p>	<p>26</p> <p><b>26</b> stairs are all you need to take to get to the 2nd floor of a building (on average).</p> <p><b>Swap the elevator for the stairs!</b></p>	<p>27</p> <p>Kick start your day with <b>LORNA'S WAKE UP SMOOTHIE!</b></p>	<p>28</p> <p><b>FIT FRIDAY!</b></p> <p>Wear your activewear to work and get moving with your team. Go for a lunchtime walk.</p>	<p>29</p> <p>Treat yourself to some new Lorna Jane or lay out your favourite outfit ready for Active Nation Day tomorrow!</p>
<p>30</p> <p><b>ACTIVE NATION DAY!</b></p> <p>Get your family, friends, community together and get moving! Make a commitment to yourself to prioritise your health and move daily,</p>	<p style="text-align: center;">SET YOUR INTENTIONS FOR THE MONTH</p> <p>MOVE - THIS MONTH I WILL MOVE EVERY DAY</p> <p>NOURISH- THIS MONTH I WILL NOURISH BY .....</p> <p>BELIEVE- THIS MONTH I WILL BELIEVE BY...</p>					