

31 Day Health & Movement Challenge

MONDAY

Choose one goal that you'd like to work towards this month to improve your health and movement

Head over to our blog to catch up on a **Hatt Talks** live event

Add strength training into your exercise routine (2/3 times a week) and target as many different muscle groups as possible.

Hold yourself accountable and ask if you're doing everything you can to prioritise your health and movement - and be honest.

Head over to our blog to catch up on a **Hatt Talks** live event

TUESDAY

Assess your weekly activity levels and try to align them with the NHS guidelines wherever possible

Look through your shoe cupboard to identify which shoes provide good support for your feet and which don't

Achieve 10,000 steps today!

Take movement breaks - set an alarm to move every hour, use a standing desk, or do 10 squats each time you make a cup of tea.

Take action! Stop putting off prioritising your health. Get those niggles looked at, plan your nutritious meals or book onto that class.

WEDNESDAY

Get outdoors for a brisk walk at lunch time and try to make a habit of it

Head over to our blog to watch Rob's self massage techniques to loosen up your muscles and relieve tension

Dedicate some time to do something that makes you feel relaxed. Whether that's to meditate, do some reading or take a hot bath.

Track your activity levels to keep you motivated as you work towards your goal. Consider using a fitness tracker to do this.

Find an accountability partner to motivate you on your movement journey - someone to encourage you & make it more enjoyable.

THURSDAY

Improve your sleep: Go to bed before 11pm, avoid technology 1 hour before bed and don't snooze your alarm

Notice your breathing today and watch Marilyn's video on our blog for tips on how to optimise your breathing

Reflect on the great things in your life and your achievements to date. Try to encourage your friends and family to do the same!

Head over to our blog to catch up on a **Hatt Talks** live event

FRIDAY

Spend some time warming up and cooling down before you exercise today to help you perform and recover better

Feeling de-motivated? It's normal to have an off day, but don't give up. Pick up from where you left off and keep going!

Consider your diet and whether you could be eating healthier. If so, decide to make one or two changes from now on.

Choose the active options wherever you can today. Take the stairs instead of the lift or walk to work instead of driving.

SATURDAY

Achieve 10,000 steps today!

Take part in your local Park Run - a free community event where you can walk, jog or run a 5k route.

Head over to our blog to catch up on a **Hatt Talks** live event

Encourage your friends/family to prioritise health and movement. A little encouragement can go a long way.

SUNDAY

Every time you see the colour red, correct your posture by sitting up or standing tall

Give yourself a foot assessment. Look out for things like dry skin, cracked heels, thickened nails, calluses or verrucae

Keep hydrated today by measuring your water intake. You should aim for around 1.5 litres per day.

Reflect on all of your achievements so far this month no matter how big or small they are. What have you learnt so far?

To learn more about each challenge, visit our blog
www.hattclinic.co.uk/31-day-challenge