

30-day activity challenge

Autumn Edition

<input type="checkbox"/> 1 Take a 20-minute walk in a local park or nature trail.	<input type="checkbox"/> 2 Do an indoor or outdoor stair workout.	<input type="checkbox"/> 3 Try a walking meditation for ten minutes.	<input type="checkbox"/> 4 Go for a bike ride and enjoy the autumn scenery.	<input type="checkbox"/> 5 Do a body weight workout outdoors.	<input type="checkbox"/> 6 Take a walk during your lunch break.	<input type="checkbox"/> 7 Try a sunrise or sunset stretch session outside.
<input type="checkbox"/> 8 Go for a jog or brisk walk in layered clothing.	<input type="checkbox"/> 9 Do a warm-up indoors, then head outside for a short workout.	<input type="checkbox"/> 10 Try a 15-minute HIIT session to stay warm.	<input type="checkbox"/> 11 Walk to run errands instead of driving.	<input type="checkbox"/> 12 Do a leaf-raking workout in the garden.	<input type="checkbox"/> 13 Try a resistance band workout in your garden or balcony.	<input type="checkbox"/> 14 Take a walk with a friend or pet for accountability.
<input type="checkbox"/> 15 Try a new online workout video.	<input type="checkbox"/> 16 Do a 10-minute core workout at home.	<input type="checkbox"/> 17 Try a mobility or foam rolling session.	<input type="checkbox"/> 18 Dance to your favourite playlist for 15 minutes.	<input type="checkbox"/> 19 Do a stair climb challenge indoors.	<input type="checkbox"/> 20 Try a wall sit and or plank combo workout.	<input type="checkbox"/> 21 Do a stretching routine before bed time.
<input type="checkbox"/> 22 Practice 10 minutes of yoga or tai chi.	<input type="checkbox"/> 23 Go for a slow walk and focus on your breath.	<input type="checkbox"/> 24 Try a guided meditation with gentle movement.	<input type="checkbox"/> 25 Do a posture check and some corrective exercises.	<input type="checkbox"/> 26 Try a balance focused workout.	<input type="checkbox"/> 27 Do a “movement snack” every hour.	<input type="checkbox"/> 28 Take a tech-free walk to reset your mind.
<input type="checkbox"/> 29 Do a gratitude walk reflect on what you're thankful for.	<input type="checkbox"/> 30 Celebrate your progress with your favourite activity so far.	<h3>You did it!</h3> <p>Every step counts, whether it's all 30 days or just a few. Keep moving, make your own prompts, and show us with: #VavistaMoves</p>				