

THE 12 DAY FESTIVE CHALLENGE

Get fit and festive this December with our 12 day challenge. From the 13th December, you will find various activities to complete to help keep you feeling healthy. For each day of December click on the relevant number opposite to be shown your daily challenge.

We have partnered with **The Other Room** to provide all your fitness challenges! This online gym is available to all staff. You can get involved and **sign up here**.

Let us know how you get on!

 @thrivetribeUK  @thrivetribeuk  www.thrivetribe.org.uk



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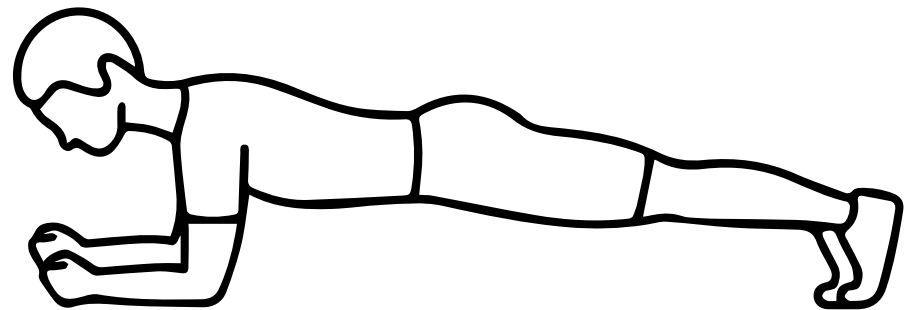


FITNESS CHALLENGE

One minute of
elbow planks

and/or

Choose a **TOR vault session** from May



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WELLBEING CHALLENGE

Get outside in nature! Go for a walk and listen to an audiobook, a podcast, or even some Christmas songs!

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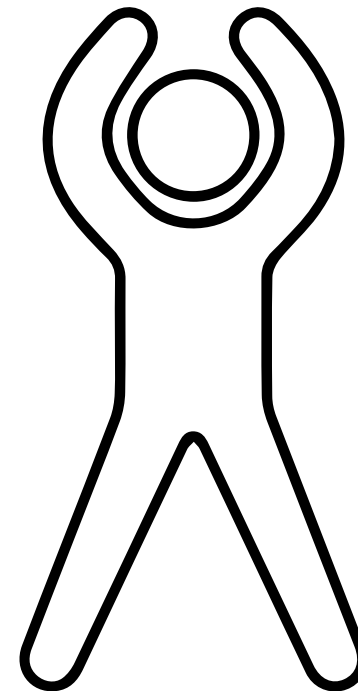


FITNESS CHALLENGE

Two minutes of
star jumps

and/or

Choose a **TOR vault session** from June



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WELLBEING CHALLENGE

Make a Christmas playlist of all your favourite festive songs (or if you're one of the many people who don't enjoy Christmas music, make yourself a playlist full of non-Christmas music!)

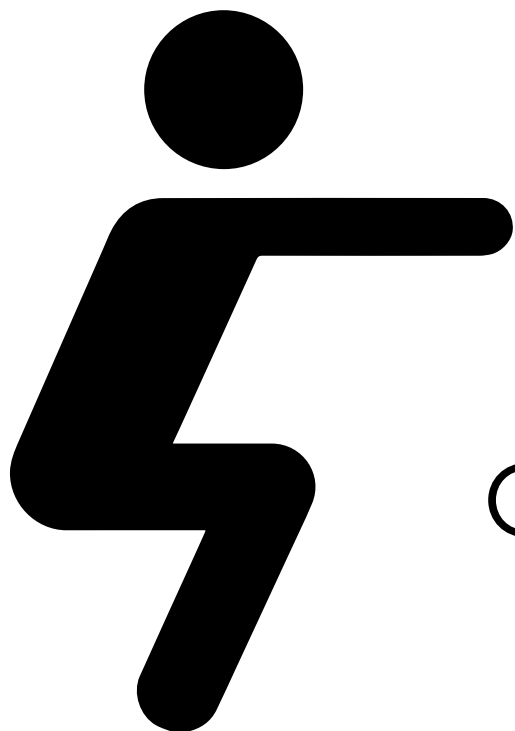
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FITNESS CHALLENGE



3x sets
of 15 squats
and/or
Choose a **TOR** vault
session from July

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WELLBEING CHALLENGE

Be creative – engage in some form of creative task, such as drawing or colouring, or even crafting. Why not have a go at making your Christmas cards this year to send to loved ones? Or try making some homemade Christmas decorations?

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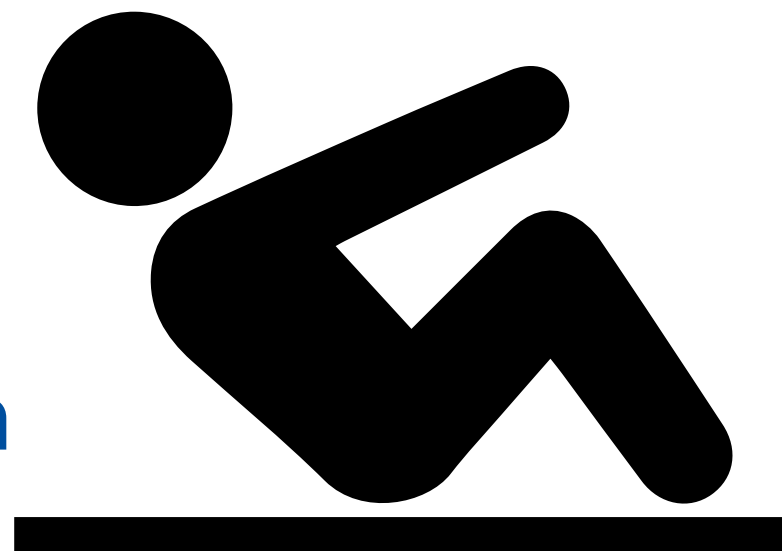


FITNESS CHALLENGE

4 sets of
15 abdominal curls

and/or

Choose any **live session**
delivered on this day



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WELLBEING CHALLENGE

Cook or Bake! Spend some time making yourself something delicious to eat that also fills the house with the smell of happiness. You could even bake things for stocking fillers to give to loved ones during Christmas.

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FITNESS CHALLENGE



Walk, run, cycle
or row 5km

and/or

Choose any **session** from
the **Challenge room**

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WELLBEING CHALLENGE

Have a day watching your favourite Christmas movies! Switch your phone off, snuggle up with a hot drink and enjoy immersing yourself in your favourite feel-good films.

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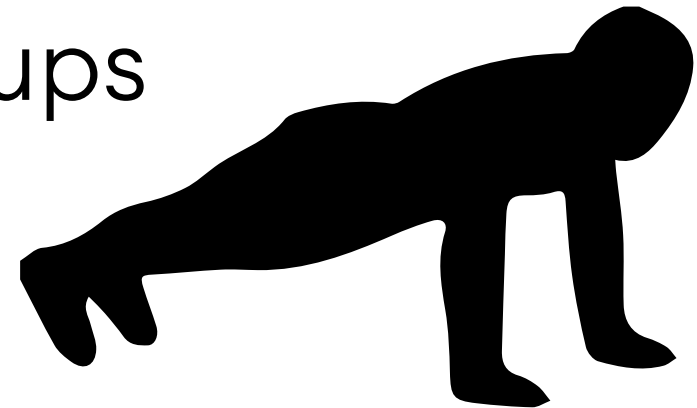


FITNESS CHALLENGE

6x sets of 10 press-ups
or wall pushes

and/or

Choose any **live session** from the
mobility or **progression room**



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WELLBEING CHALLENGE

Write letters to put into your Christmas cards telling the people in your life all the things you love about them. If this year has taught us one thing, it's how much we need our connection to others, and how much it means to someone to be told that they are special.

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