

HOLISTIC HIKES

12 DAYS OF CHRISTMAS CHALLENGE

NUTRITION – MINDFULNESS – NATURE

In line with HH values, the challenges I present below offer **YOU** the opportunity to integrate healthy lifestyle choices into your daily lives, one step at a time.

Whilst referred to as a challenge, the ideas presented are easily applied, no expensive ingredients or hours trying to achieve.

These “*challenges*” are simple, effective and achievable, meaning that you are likely to continue with these habits and behaviours.

It's an opportunity for lifestyle change not a quick fix, we all know these ‘fads’ don't work right?!

The **why** is so important to gain understanding rather than just going through the motions and ticking boxes. It's a mindful approach to a healthy lifestyle.

Daily posts on Instagram and Facebook explore the **WHY** behind each of these behaviours.

WHEN	WHAT	HOW	WHY
Day 1	Eat your tree's	Get broccoli into you stat. This can be sautéed for breakfast, frittata or many of the ideas I will provide.	Broccoli is one of the best powerhouse super foods with a plethora of benefits- see daily post for info
Day 2	Prep for Success	Meal Prep for the week. Cook bulk rice, baked sweet potato etc. Create lunches and dinners ahead of time to set yourself up for success.	Meal prepping on a Sunday or arvo you have free creates an easier task at dinner times after a busy day at work when you can be bothered. Taking prepared lunches and snacks to work, ensure that you won't be tempted to chow down the triple chow biscuits in the tea room either.
Day 3	Barefoot babe	Walk barefoot on the grass, along the beach or anywhere outdoors.	We have a number of receptors on our feet that allow us to 'ground'. Reduce stress; become more balanced- figuratively and literally.
Day 4	Your nose knows	Make time to step outdoors and smell the roses, literally. Or whatever flowers and plants you have in the garden. Feel their texture, observe their shape. Are they chasing sunlight? Look at the way the flowers 'close' up at night.	Slowing down to observe the smaller things in nature allows us to gain perspective on the bigger things in life.
Day 5	Ground the grind with these 5 steps	In your head, quietly say to yourself 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste	By engaging our senses it brings awareness to our body and allows us to step out of our heads. A great stress relieving exe
Day 6	Plant the Power	Buy a house plant, if you have some buy another one.	Plants provide a number of benefits; calm mood and improve immunity, filter air, produce oxygen, assists with respiratory issues by creating a more humid environment PLUS much more.
Day 7	Win friends with salad	Try a new salad recipe that you haven't had before. Ideas will be provided.	Salads aren't just the green leaves. They can be amazing meals on their own. Warm or cold. Add beans, rice or quinoa to mix it up. Spices add flavour and simple dressings can create a flavour sensation whilst providing additional nutrients.

Day 8	New horizons	Whether on your lunchbreak, before or after work, whenever you can spare an hour, take yourself somewhere you haven't been before. This doesn't need to be some far away land, just a park around the corner or a beach nearby	Humans can create patterns of behaviour and wont often step out of their ingrained ways. Changing things up provides a different perspective, creates a flexible approach and opens up some magical places you may have never seen before.
Day 9	Bake over fake	Bake a batch of healthy cookies. Nuff said really. Who doesn't love cookies? Recipes provided	Food is to be enjoyed, not used as a punishment. Creating healthy versions of your favourite foods allows you to enjoy without FOMO.
Day 10	Map it out	Create a plan for the week; what you want to accomplish, outline the steps you need to action, any challenges and how you may tackle them. Goals Planner worksheet	Planning even the day or week ahead provides clarity on what you want to achieve and outlining steps breaks down a huge task into more achievable bite sized chunks. The goal? To achieve what you set out to do without the BS excuses to stop you!
Day 11	A Bug's life	Go outdoors and find an insect. This could be an ant, bee or spider. Watch and observe its movements for 2 mins. How is moving? Is it slow? Or maybe buzzing from flower to flower collecting pollen. Without judgment, just watch.	Don't overcomplicate life. This simple exercise teaches us to slow down and appreciate the small things in life we often rush past. Cultivating mindfulness and gratitude to calm body and mind.
Day 12	Have a gut-full	Think Kraut, yoghurt, kefir, miso, kombucha, Kim chi, Tempeh and pickles. Add them however or whenever throughout the day.	An ancient method of preservation of crops, fermented foods are incredibly beneficial for our gut, brain and overall health.