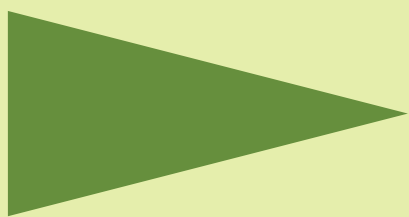


28 IN 28

Have you made that New Years Resolution to make a lifestyle change in 2021?

Make the pledge to get to 28 in 28 days



You don't need to commit to 28 of anything on day 1.

This could be working up to a 28 day goal.



Working up to 28

Work up to 28 mins of walking/ running/ cycling/ yoga over 28 days

or

Work up to 28 sits ups / 28 press ups / 28 of anything over 28 days



Doesn't have to be exercise - change a habit!

Drinking 2 litres of water for 28 days

or

Eating 3 pieces of fruit for 28 days or building up to 5 pieces over 28 days



Maybe a routine change?

Getting out of bed 28 mins earlier for 28 days

or

Have breakfast for 28 days

or

Taking a lunchtime walk for 28 days



This is your pledge - be Unique!

The aim of the pledge challenge is to help motivate you to change a habit or routine or just to move a little more.

Do as much as or as little as you want but join in with ours to share in the progress and win prizes!

Check out The Public Health Agency's Take 5 for ideas of what you can do for your 28 in 28 pledge challenge

Take5
steps to wellbeing



www.makinglifebettertogether.com



HSC Health and Social Care