Nicholls State University Faculty & Staff

Twelve Days of Fitness

2020 has been quite a year! Let’s unwind and focus on positive living through the 12 Days of Fitness by practicing a wellness activity each day. This year there isn’t a specific calendar so you have the flexibility of completing each topic on your day of choice! Remember to complete the 2 virtual activities and try to include physical fitness into the program every day. Keep track of your activities in the Fitness Log and turn it into Brittany Brandt in the Recreation Center starting Friday, December 11th.

**Career Fitness**

*Keep your career in shape with regular exercises that*

*are challenging and contribute to making you stronger.*

 ❄ Set professional goals for next year

 ❄ Plan conferences or continuing education

 classes for professional development

 ❄ VIRTUAL ACTIVITY: Enneagram test. Check

 email for further instructions

**Cultural Fitness**

*Exploring the customs, history, art and folklore of*

*the world adds richness to life.*

 ❄ Learn about holiday traditions of other cultures

 ❄ Virtually attend a holiday concert

 ❄ Take a virtual tour of a museum

**Environmental Fitness**

*Create a friendlier environment in your home or office. Also be more aware of your habits on the physical environment.*

❄ Build sustainable habits such as using a water bottle or coffee mug instead of paper or plastic.

❄ Recycle. Use reusable grocery bags; recycle paper, cans, etc. We have multiple bins on campus!

❄ Walk across campus instead of drive and enjoy the fall weather.

**Family Fitness**

*Family fitness can involve all areas of health with the*

*emphasis of doing things together.*

 ❄ Cook a healthy meal with the family

 ❄ Get active together; go to the park or for a walk

 ❄ Do an activity together such as game night, do a

 puzzle or craft

**Financial Fitness**

*Worry over money is one of the primary sources of stress. take steps to get your finances in better shape this year.*

 ❄ Create a budget; learn where your money goes

 ❄ Start a rainy day/emergency savings fund

 ❄ Pay a little extra on any debt

**Gratitude Fitness**

*Take time to focus on all the positives this year has brought you. Let’s be grateful for what we have moving into the holiday season.*

 ❄ Journal what you are grateful for

 ❄ Give 5 written or verbal compliments

 ❄ Perform a random act of kindness

**Mental/Emotional Fitness**

*Your mental and emotional well-being is the foundation for good health, yet is often the most overlooked element.*

 ❄ Do your favorite hobby

 ❄ Relax in a bath, light a candle

 ❄ Meditate or exercise

**Nutrition Fitness**

*Food is a favorite gift and a big part of holiday gatherings. Build some good eating habits into your activities.*

 ❄ Drink six-8 ounce glasses of water every day

 ❄ Make a meal plan of healthy meals for 1 week

 ❄ VIRTUAL ACTIVITY: email your favorite

 healthy recipe to Brittany to help make

 a healthy virtual cookbook!

**Philanthropy Fitness**

*The benefits of charity and compassion are powerful*

*and immediate. The holidays are a great time to help*

*others who are less fortunate.*

 ❄ Donate old clothing to charity

 ❄ Give gifts to those less fortunate

 ❄ Donate to your favorite charity

**Physical Fitness**

*Try to build exercise into each day for the many positive*

*effects it can have on all areas of your life.*

 ❄ Take a walk or workout for your lunch break

 ❄ Take a 5 minute stretch break or stand every

 hour

 ❄ Establish a workout routine, start with 10

 minutes a day and increase!

**Social Fitness**

*Healthy relationships contribute to well-being and our lives. 2020 made that even more apparent, try to connect*

*safely with friends this year! Virtually or socially distanced!*

 ❄ Call an old friend

 ❄ Take up a new hobby and find a group who

 shares that same interest (virtual book club

 anyone?!)

 ❄ Connect with your parents, kids, or family

 members with a dinner at home

**Spiritual/Self-Care Fitness**

*Let this be your permission to take time for self-care this*

*holiday season. Restore your spirit to emerge stronger*

*in 2021.*

 ❄ Do your favorite self-care activity

 ❄ Meditate, pray or listen to your favorite

 relaxing music.

 ❄ Turn off social media for a day, take time to

 journal, craft, or read for fun