



# May is Mental Health Awareness Month!

Take this challenge to invest in your mental and physical wellness. Commit to three weekly activities and two daily challenges for one month and enjoy the amazing results.

## Choose 3 each week:



Keep a gratitude journal



Drink 8 glasses of water each day



15 mins of daily stretching



No social media for the week



Eat your daily fruits and veggies (4 cups)



Go alcohol-free for a week



Spend 20 mins outside each day



Aim for 8 hours of sleep each night



Go meatless for a week



Give up pop for a week

## Choose 2 each day:



Jump rope for 20 mins



Donate two things you no longer use



Perform a random act of kindness



Have a phone-free night



Complete 50 sit-ups or push-ups



Try a new recipe



Do a yoga class



Listen to a podcast



Call a loved one



Try a HIIT workout

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