



FIND THE **1** ONE CHALLENGE

May 2022

STRENGTHEN YOUR BODY & MIND

This May we challenge you to find the ONE thing that makes you feel strong and reinforces the connection we have between our emotional and physical health for a more resilient you.



STAY CONNECTED TO THE Find the **1** ONE CHALLENGE

For the entire month of May Give an Hour will be sharing ideas on social media to help you Find the ONE healthy habit that makes you feel both emotionally and physically strong.

Here is what you can do >>>>>



Follow @giveanhour on all social platforms to see what others are doing to Find the ONE.



Post your ONE on social media. Use #FindtheONE and make your post public so Give an Hour can like it!



Challenge a friend on social media to Find the ONE. Encourage them to challenge someone. Keep the Challenge alive!



Donate \$10 to Give an Hour so we can help other's find their ONE and in honor of your challenge buddy.



Save the date for the Find the ONE webinar and get inspired to keep up the momentum!

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30 Healthy Habit Ideas

FIND YOUR ONE

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 Stretch all your muscles <input type="radio"/>	<input type="radio"/> Add a daily fruit into your diet	<input checked="" type="radio"/> Go for a walk in nature	<input type="radio"/> Dance in your living room	<input type="radio"/> Go to bed early
<input type="radio"/> Practice yoga	<input type="radio"/> Get a ball and throw it around	<input type="radio"/> Incorporate daily affirmations	 Eat vegetarian meals <input type="radio"/>	<input type="radio"/> Go for a bike ride
<input type="radio"/> Add a HIIT workout to your routine	 Hold a plank for 30 seconds <input type="radio"/>	<input type="radio"/> Practice being present	<input type="radio"/> Go to the playground and play on the equipment	<input type="radio"/> Drink 2 extra glasses of water a day
<input type="radio"/> Try a new healthy recipe	<input type="radio"/> Vacuum/clean your house like you mean it	 Go to the pool and swim laps <input type="radio"/>	<input type="radio"/> Add five burpees to your workout	<input type="radio"/> Hula hoop for five minutes
<input type="radio"/> Try a new group class at your gym	<input type="radio"/> Take a daily vitamin	<input type="radio"/> Add a daily vegetable into your diet	<input type="radio"/> Jump rope for five minutes	 Start a gratitude journal <input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Take your dog for an extra long walk	 Wash your car by hand <input type="radio"/>	<input type="radio"/> Add a daily cup of green tea

ONE MONTH ONE CHANGE

During the month of May, FIND YOUR ONE healthy habit that makes YOU feel STRONG. What is the ONE thing that you can do that benefits your physical and mental fitness? Practice that ONE during the month of May.