

# GEROLSTEINER®



## Start your year right With Gerolsteiner daily MINI-CHALLENGES



|                                | Nutrition   | Fitness  | Balance  |
|--------------------------------|---|--|--|
| <b>WEDNESDAY</b><br>01.01.2020 | Cure your New Year's hangover by drinking only Gerolsteiner Mineral Water today.      | Start the new year with a twenty-minute run.   | Find a new book to read.   |
| <b>THURSDAY</b><br>01.02.2020  | Take time for breakfast.  | Choose a buddy to hold you accountable.  | Start a gratitude journal.   |
| <b>FRIDAY</b><br>01.03.2020    | Drink at least two liters of water today.   | Deep stretch for ten minutes! Stretching is especially important if you sit at a desk all day. | Sort out your wardrobe, and donate all those items you don't wear. |
| <b>SATURDAY</b><br>01.04.2020  | Slow down - pace yourself as you eat.   | Do jumping jacks to your favorite song.  | Take a break and step outside for fresh air.                       |
| <b>SUNDAY</b><br>01.05.2020    | Plan Ahead: Reduce Waste. Save time, save money and you'll also eat more healthfully. | Do ten squats while brushing your teeth.   | Surprise your favorite person.                                     |



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| <b>MONDAY</b><br>01.06.2020    | Meatless Monday: Join this popular commitment to eating meat-free on Mondays.             | Plank It! Time yourself on how long you can hold and then challenge yourself to hold for ten seconds more. | Expand your mind: Listen to a podcast on a topic that is new to you.   |
| <b>TUESDAY</b><br>01.07.2020   | Replace soda and coffee with Gerolsteiner.  | Practice yoga when you wake up.  | Cook a meal with your family or friends.   |
| <b>WEDNESDAY</b><br>01.08.2020 | Eat when you are hungry, not when you are bored.  | Get outside - winter is no excuse!   | CREATE: make something be it a cake, DIY decoration or a craft project. Small accomplishments can lead to bigger ones. |
| <b>THURSDAY</b><br>01.09.2020  | When food shopping, only buy what's on your list.   | Try something new! Do sports you've not done before.   | Volunteer: Research volunteer options in your community.   |
| <b>FRIDAY</b><br>01.10.2020    | Eat fruits and veggies with every meal - count the colors on your plate.                  | Start your day with push-ups to get your blood pumping.  | Meditate for ten minutes.  |
| <b>SATURDAY</b><br>01.11.2020  | Drink a large glass of water after getting up in the morning.                             | Saturday without elevators! Only steps are allowed today.  | Digital Detox - leave your phone at home for a day.  |
| <b>SUNDAY</b><br>01.12.2020    | Reward yourself with your absolute favorite dish and invite your friends over for dinner. | Celebrate your achievements together with a friend in a 30 minute partner workout.                         | Sleep at least 8 hours and start the new week full of energy.  |