

Spring Habit Challenge

If you do all of the following for a month
you'll be healthier and happier

Walk Daily



Walk at least
20 minutes
per day

Eat protein at breakfast



Have eggs, protein
oats or protein
rich smoothies

Drink water



Aim for about
2 litres of water
per day

Strength train twice weekly



Strength train
twice per week
for at least 30
minutes