



Activity Calendar Ísland á iðli



#verumhraust #islandaidi

Dec 1st 10 min walk 10 squats 10 calf raises 10 push ups Repeat 3-5x	Dec 2nd 30 min power walk or a run. Take a different route than usual	Dec 3rd 20 min cardio exercise and 10 min of strength exercises, your choice!	Dec 4th 30 min walk or run. Stop by every stairs on the way and walk or run the stairs two times
Dec 5th 30 min interval training. Walk or run 1 min fast – 1 min slower etc.	Dec 6th 30 min exercise in nature. Pay attention to and enjoy the nature surrounding you	Dec 7th 30 min power walk. Bring a friend or a co-worker	Dec 8th 30 sec plank 30 sec squat and hold 30 sek side plank Repeat 2-5x 10 min meditation
Dec 9th 30 min walk. Stop by every bench on the way and do 5-10 bench dips and 5-10 lunges	Dec 10th 30 min exercise. Challenge yourself and do something you have not done before	Dec 11th 30 min power walk or a run and choose a route that has a couple of hills if possible	Dec 12th 30 min outdoor play with family or friends. For example a game of tag with the children or a game of Folf with a friend
Dec 13th Go for a hike. You choose a mountain that suits you. Remember to bring warm clothes and some snacks if it's a long hike	Dec 14th 20 jumping jacks 20 abs 10 push ups 10 lunges Repeat 3-5x	Dec 15th 30 min interval training. Walk or run 1 min fast – 1 min slower etc.	Dec 16th 30 min exercise. Think outside the box! How about going for a swim in the ocean
Dec 17th Try to reach 6000 steps today. You can download a free app on your phone that can count it for you	Dec 18th 30 min exercise, your choice! Eat something super healthy and delicious for lunch	Dec 19th 30 min power walk. Extra points if you get your teenager to go with you!	Dec 20th A walk to enjoy the Christmas decorations. Enjoy a hot chocolate and some cookies when you are done. Yes, of course that is allowed!
Dec 21st 30 min exercise. Think outside the box. How long has it been since you used your jump rope?	Dec 22nd 30 sec plank 30 sec squat and hold 30 sec side plank Repeat 3-5x 10 min meditation	Dec 23rd 30 min interval training. Walk or run 1 min fast – 1 min slower etc.	Dec 24th 30 min exercise, your choice. YES, you do have time for yourself today. Just do it!

Have a wonderful holiday and don't forget to exercise!