

30-Day Healthy Retirement Challenge

How to Use This Challenge

Commit: 5–10 min/day. Feel free to pick more than one challenge per day.

Day	Action	Day	Action
1	10-min morning stretch routine	16	Try a new healthy smoothie recipe
2	15-min brisk walk	17	5 min deep-breathing meditation
3	Stand & move 3×/hour	18	Call a friend & share a laugh
4	Drink 8 glasses of water	19	10 squats or chair-assisted sit-to-stands
5	Write 3 things you're grateful for	20	15-min gardening or houseplant care
6	10-min seated yoga or tai chi	21	Prep a healthy lunch for tomorrow
7	Weekly review & gentle reward	22	Scenic 20-min drive or bike ride
8	Swap one snack for fresh fruit	23	5 min neck/shoulder stretches
9	10 min uplifting read/listen	24	Beginner balance exercise
10	15-min dance to favourite tunes	25	Write one short-term health goal
11	Add extra veggies to one meal	26	Mindful eating at one meal
12	10-min post-lunch walk	27	10 min on a hobby you love
13	5 min foot/ankle mobility routine	28	Explore a new healthy recipe
14	Weekly review & gentle reward	29	10-min outdoor breathing exercise
15	Swap TV time for a 15-min stroll	30	Reflect: list 5 wins from this 30-day challenge