

Together November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Rotate your neck at the start of every hour	2 Do 10 squats before you start your next task	3 Set a timer and stretch every time it sounds	4 Spend an hour on your feet	5 Go on a walk with your friends or family
6 Pull your shoulders backwards while at your desk 5 times	7 As a team, choose a word and stand when someone says it	8 Raise your water bottle 15 times with each arm	9 Jump up when your struggling to think	10 Pulse straight arms for 20 seconds	11 Do a house chore you've been putting off	12 Follow a 10-minute active YouTube video
13 Challenge a colleague to find an object before you do	14 Walk for 15 minutes at lunch time	15 Twist at the waist before and after a call	16 Park further away from your place of work	17 Before you start work, stretch for 5 minutes	18 Visit a local place that makes you feel calm	19 Reach as high as you can and hold it for 30 seconds
20 While sitting, lift up the heels of your feet	21 Do 10 star jumps when your meeting ends	22 Have a meeting while you walk	23 Shimmy when you cross a job off your to-do list	24 Use the stairs, not the lift	25 Find 10 red objects in your house in 2 minutes	26 Stomp your feet occasionally while sitting
27 In-between tasks, balance on one leg for thirty seconds	28 Stand during phone calls	29 If you can, active travel to work	30 Pick your favourite day and do it again!		Feel free to adapt, replace or swap activities so your Together November best suits you!	