



TŪTŪ'S 25 DAYS OF WELLNESS: HOLIDAY HEALTH CHALLENGE



COMPLETE AT LEAST 12 OF 25 ACTIVITIES
BETWEEN NOV. 24 - DEC. 24, 2025

1

Do 45 minutes of your favorite physical activity.

2

Set one short-term goal you want to accomplish in the next 6 months.

3

Skip soda, juice or alcohol & drink water three days out of this challenge.

4

Do 1 random act of kindness everyday for 1 week.

5

Try new fitness equipment or do an exercise you've never done before.

6

Try a fruit or vegetable you've never had before.

7

Spend 30 minutes outside in nature.

8

Find a quiet space, close your eyes & meditate for 10 minutes.

9

Check in! Call or text someone you haven't seen in a while.

10

Donate canned food or other goods to the foodbank or a non-profit org.

11

Do 30 minutes of your favorite cardio activity (run, walk, swim, bike, etc)

12

Try a group exercise class or Y360 virtual class you've never taken.

13

Try 'Meatless Monday' or eat one plant-based meal.

14

Take a hike or try a different walking route around your neighborhood.

15

Bring a friend or family member to the Y & workout together!

16

Make a list of 5 things you accomplished this year that you are proud of.

17

Give someone a compliment!

18

Visit the Y at least 3 times in one week during this challenge.

19

Read an article or book on something that interests you.

20

Get in some self-care. Take 1 hour and do what 'fills your cup.'

21

Put your phone away for at least 1 hour for 3 days of this challenge.

22

Pick up 5 pieces of rubbish on a walk, at the beach or in your neighborhood.

23

Share 1 thing you love about the Y with a Y staff member.

24

Do 25 of each: pushups, squats, & crunches. Modify if needed!

25

Tell a friend or family member how much they mean to you!

Please print legibly, and submit completed cards to your Y welcome center by Monday, December 29, 2025.



Register
Here!

First & Last Name: _____

Best Contact Phone Number: _____

Tūtū's 25 Days of Wellness Challenge Info:

- Open to all Y members and the community!
- Nov. 24 – Dec. 24, 2025.
- Register online using this link, <https://bit.ly/489QZ0X> or scan QR code above. All registered participants will be entered to win weekly prizes!
- **Complete 12 of the 25** activities during the challenge period, initial the activities completed, and turn in your card to any Y welcome center by Monday, December 29.
- 1 card per person.
- Activities can be done at any time during the challenge & you may complete more than 1 activity each day.
- **1 bonus entry** if you complete ALL 25 activities.
- Final winners will be pulled from completed cards on Tuesday, December 30, 2025.
- Prizes include gift cards, Bluetooth speakers, Y swag, gift sets and more!

Bring a Friend or Family Member! Use Our Free 1-Week Pass.



Scan the QR code for a FREE 1-week pass to bring a friend or family member to the Y. Or have them stop by any Y Welcome Center with their photo ID, and we can set them up with a free week!