







24-7 Wellness December 2020

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A year of celebration as Dunk achieves 20 years in business! Join us each week in 2020 as we focus and celebrate wellness. Well at work, home, play and life! Every day of the week we focus on a different aspect of wellness; exercise, eating, mental health, caring for others, safety, environment, and one day is celebration! 2020 is about creating wellness in our life. Take this journey with Dunk and celebrate your wellness! Be sure to tag us on Instagram or Facebook using **#dunkwellness2020** or even send us an email showing and celebrating with us what you have achieved.

SUNDAY Eating	MONDAY Safety	TUESDAY Mental Health	WEDNESDAY Exercise	THURSDAY Caring for Others	FRIDAY Celebration	SATURDAY Environment	IDEAS FOR CELEBRATION
		1 STRAIGHTEN UP your bedroom before you leave this morning. Having a made bed and less clutter will help you to feel more in control of your life and will give you a place of peace and calm to return to at the end of your day.	2 Before working out, remember to WARM UP first. Do a 10-minute warm up prior to working to out to reduce the chance of injury.	3 DONATE some canned goods to a food bank.	4 Celebrate the start of the HOLIDAY SEASON by making a holiday budget and sticking to it. Budgeting both your time and money will help you stay on track this month.	5 PERSONALIZE gift wrapping. Re-use gift wrap bows and tags. Maybe even make your own gift wrap using old newspapers, magazines or maps.	 Each week we celebrate! But, how can you celebrate? <ul style="list-style-type: none">• Say thanks!• Write a special note, make a phone call, or send an email.• Share something on social media to show your appreciation.• Pay it forward with a good deed.• Reflect inwardly.• Treat yourself or another person. Other ideas? Do what works for you and remember you can share them with us to include in next month's ideas!
6 DON'T SKIP MEALS. Even if you are headed to a party with a big dinner, eat some raw veggies or fruit before you go to curb cravings and appetite.	7 If you have an ELECTRIC FIREPLACE , be sure to turn it off at night. With traditional fireplaces, it's important to extinguish a fire completely before going to bed. Don't leave the house with the fireplace left on or burning, either. Lit candles should never be left alone and must be fully extinguished before bedtime. 	8 WHITE NOISE can be great for creating a calm, relaxing environment. Use a fan, app, or music to get an even better night's rest. Be aware this does not work for everyone.	9 Channel your INNER CHILD and do a kid's winter activity like make a snowman, build a fort, paint some snow or even tobogganing. Make sure to properly bundle up before you head outside!	10 PAY for someone behind you in the drive thru. Who knows? Maybe you'll start a chain of 'paying it backward'!	11 Celebrate the SIMPLE THINGS in life by warming yourself up with a cup of holiday tea/coffee or hot chocolate and taking a rest. 30 Minutes of rest is good for the soul and body. Anniversary of the Statute of Westminster	12 Try to MAKE some presents instead of buying. This saves you money but also makes your gifts more personal. Cookie mix in a jar, homemade fudge or candy are a few great ideas and they store well.	
13 Try bringing a HEALTHIER ALTERNATIVE as your food item to a party or get together. Raw veggies and dip, fruit skewers, Greek yogurt instead of sour cream, etc.	14 Apply SALT OR SAND to your driveway and any staircases leading to your home. Reapply as often as needed to help prevent slips and falls. While most malls and shopping centers take adequate precautions, be careful when walking across parking lots as they may not always be thoroughly salted. 	15 Focus on the POSITIVE . At the end of the day, write down 1 thing that inspired you today. An act of kindness you witnessed, a sunset, glistening snow on a tree.	16 Park your car carefully, in a cleared area with close access to a walkway. PAY ATTENTION when walking, you may not see the slippery surface.	17 REDIRECT GIFTS . Instead of having people give you birthday or Christmas gifts, ask them to donate gifts or money to a certain charity.	18 Celebrate the HUSTLE AND BUSTLE that this time of year brings by having a quiet night in. Catch up on your favourite TV show, read a book, or maybe even go to bed a little earlier tonight.	19 RE-PURPOSE any leftovers you may have from those holiday parties and dinners. Turn them into a pot of soup or sandwiches. Food wastage in Canada is shameful and we need to learn to use what we make.	
20 Add garlic, ginger, turmeric, and citrus fruits to your diet to boost your IMMUNE SYSTEM .	21 Ensure your vehicle has enough WASHER FLUID . With more salt and dirt accumulating on the roads, it's important to have a clean windshield for maximum visibility to stay safe during wintery conditions. 	22 Drink plenty of WATER to improve your mental health. Hydration improves your well-being and mental alertness, thinking and health.	23 PLAY IN THE SNOW . Not only is it fun, it's also a great form of exercise! Shoveling your driveway counts as well! Don't forget to lift with your legs not your back.	24 Leave a positive NOTE for a co-worker or family member. People are often lonely this time of year. Your words of appreciation will have a positive effect. Christmas Eve	25 CELEBRATE EVERYONE (friends, family members, even coworkers) by giving them a call or maybe even dropping by. Christmas Day	26 RECYCLE what you can from yesterday's festivities. Wrapping paper, plastic packaging, cans, etc. Recycle, donate, do what you can. Boxing Day	
27 DETOX from all of that holiday candy by having a no sugar day. This means not eating any white, brown, processed sugar, corn syrup or any other hidden sugars. Make sure to read your labels. Only natural fruit sugars should be in your meals and snacks today.	28 CLEAN AND ORGANIZE your workspace today. Recycle papers you don't need and get ready to start off the new year right!	29 Start off the NEW YEAR with only positivity. Go through your social media platforms (Instagram, Facebook, YouTube, etc.) and remove those that may be causing negativity in your life. 	30 Take the STAIRS instead of the elevator and get a head start on that new years' resolution.	31 Share a FRUIT today, use leftover fruit in a fruit salad and share with friends, co-workers or family. Make today a health eating day so your body is energized to ring in the New Year. New Year's Eve	