



12 DAYS OF LONGEVITY



Wellness and
Work-Life



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Enjoy the holidays by engaging in activities that could extend your life and strengthen the relationships with people you care about

How it works:

- Complete one wellness task each day for 12 days in December.
- Once a task is complete, write one thing that you enjoyed about the task below the circle.
- When you complete all 12 wellness tasks in 12 days, turn in your card* by emailing us at wellness@ua.edu and you'll be entered into a drawing to win a longevity prize bag!

*You must turn in your card by December 18th to be considered for the drawing



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DAY 1

Go for a walk with a friend

I enjoyed:

DAY 2

Enjoy functional fitness by putting up your holiday decorations

I enjoyed:

DAY 3

Donate or volunteer at a place of your choice

I enjoyed:

DAY 4

Have a family or friend game night

I enjoyed:

DAY 5

Write down one goal you have for next year

I enjoyed:

DAY 6

Tell a coworker why you appreciate them

I enjoyed:

DAY 7

Take 5 minutes to sit in silence

I enjoyed:

DAY 8

Give a stranger a compliment

I enjoyed:

DAY 9

Make your favorite holiday treat with your family

I enjoyed:

DAY 10

Call a relative and express your gratitude for them

I enjoyed:

DAY 11

Reflect on what makes the holidays special to you

I enjoyed:

DAY 12

Bundle up and go for a walk after dinner in the cold

I enjoyed:

