12 Days of Longevity
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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: