
















# Activity Calendar

Add Anchor ImmunoHalo to your daily healthy habit, for immunity support every day

|  |  |   |  |  |  |  |
|--|--|---|--|--|--|--|
| 1<br><br>Go for a scooter           | 2<br>Drink 8 glasses of water                      | 3<br><br>Tree pose for 30 seconds              | 4<br><br>Make our ImmunoHalo Superhero Smoothie   | 5<br>Walk 1km with a parent  | 6<br>Turn off all smart devices for the day  | 7<br><br>Play hide and seek with a friend |
| 8<br>Eat 3 different coloured pieces of fruit  | 9<br>Give 3 compliments to your friends and family | 10<br>Help with the laundry   | 11<br>Play handball with a friend  | 12<br><br>Boat for 10 seconds, and repeat 5 times!                  | 13<br>Make some playdough from scratch   | 14<br><br>Make our Hulk's secret Smoothie |
| 15<br>Help mum or dad make dinner  | 16<br>Have a picnic in the park or backyard        | 17<br><br>Go for a 10 minute jog with a parent | 18<br>Go for a swim  | 19<br><br>Make the ImmunoHalo Overnight Oats for breakfast tomorrow | 20<br><br>Close your eyes and take 10 deep breathes | 21<br>Smile at 5 people today  |
| 22<br><br>Plank for 60 seconds    | 23<br>Pick up 5 pieces of rubbish                  | 24<br>Count the stars!  | 25<br><br>Do 50 star jumps throughout the day  | 26<br>Draw a family picture  | 27<br><br>Make our Strawberry Jelly Whip          |  |
| 28<br><br>Balance like a flamingo | 29<br>Eat 5 different vegetables today             | 30<br><br>Dance to your favourite song     |  <p>For all recipes visit <a href="https://immunohalo.co.nz/recipes">immunohalo.co.nz/recipes</a></p> |  |  |  |