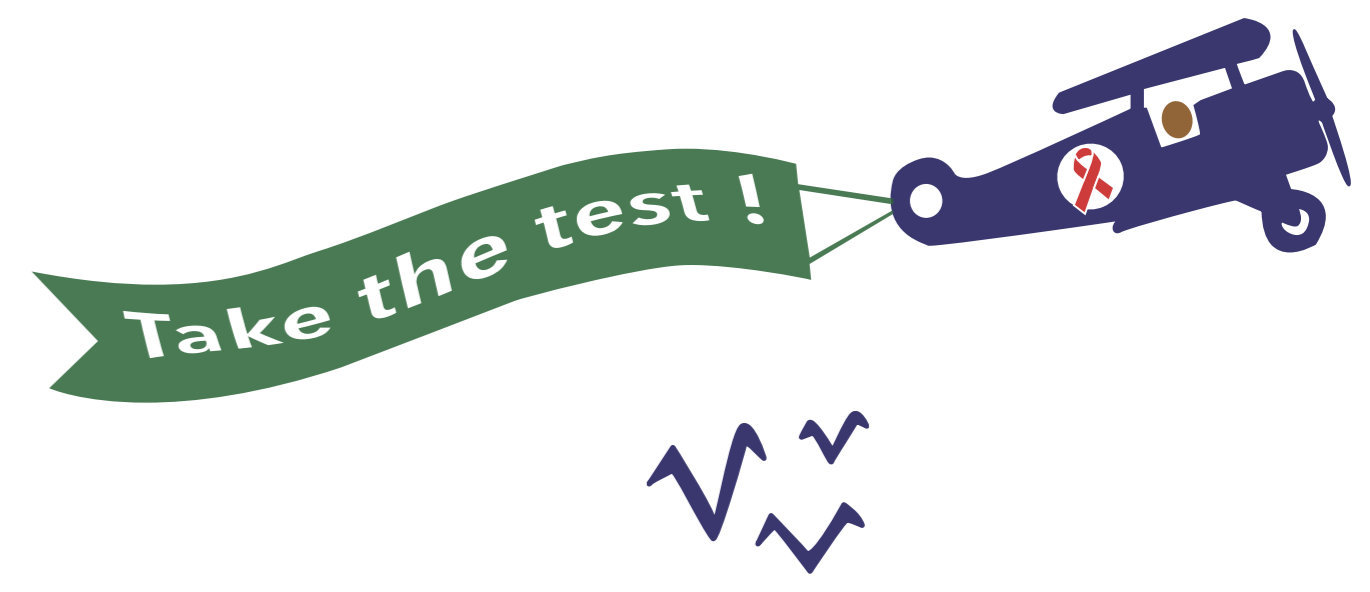
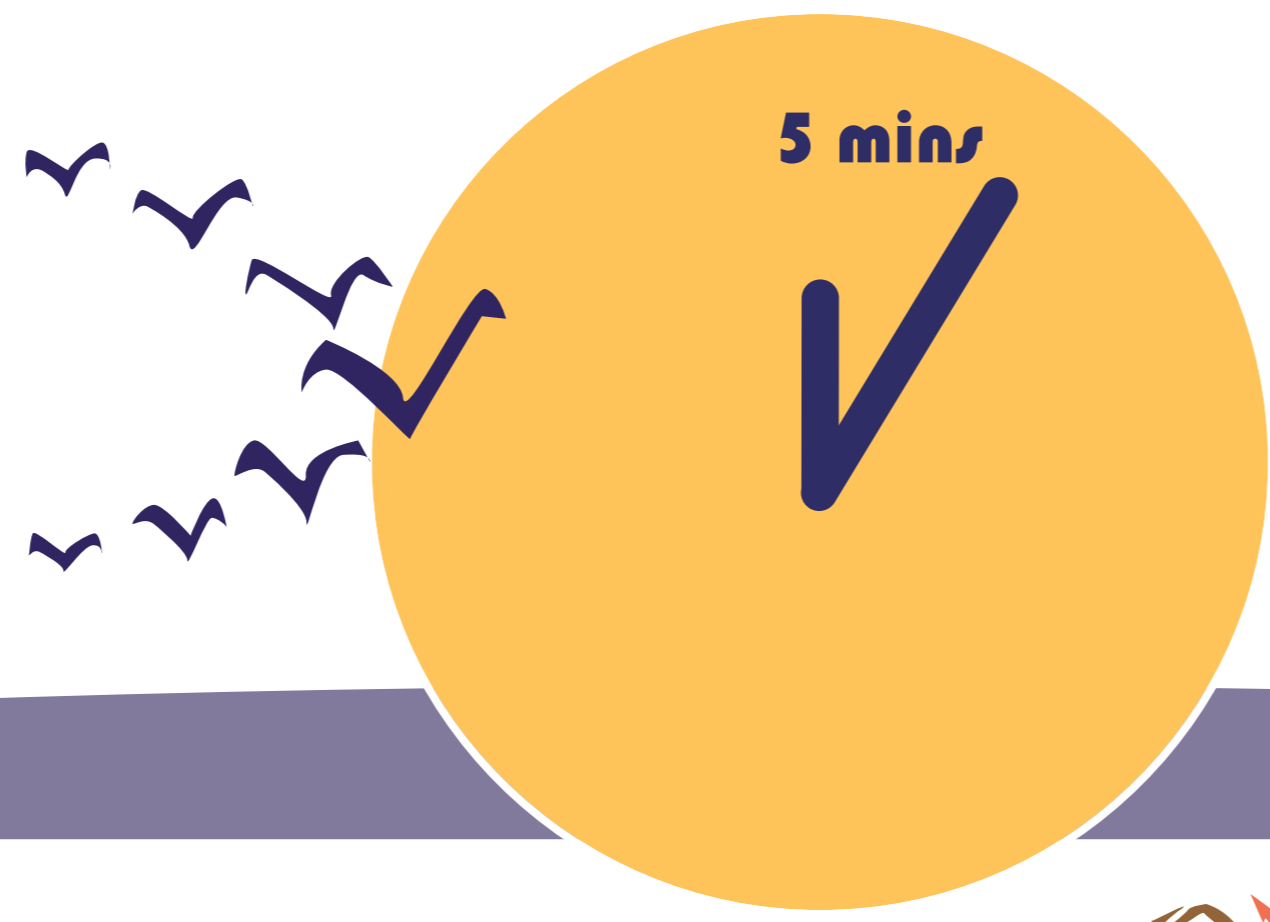


# 2019 Wellbeing Calendar



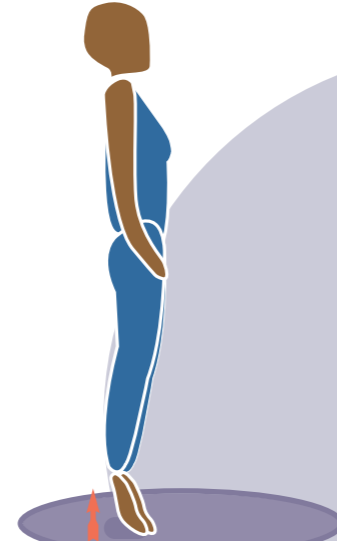
CoResult.eu

## Every Day...



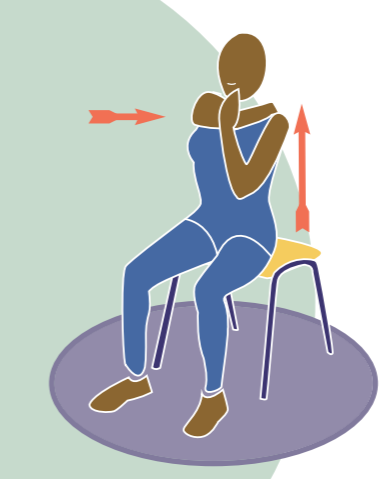
Standing, straight your back and keep your feet on the ground. Stretch both arms and palms of your hands upwards. Tilt simultaneously the left side of your body and up. Breathe in and out for 10 seconds. Repeat the exercise on your right side of your body.

20 s



Standing, shrink your belly and stretch all body. Stand on tiptoe for 10 seconds, and then lower your feet. Repeat this exercise once again. You may do it throughout the day (while talking on the phone, having a coffee, etc...)

40 s



Sit down and straight your back, and place shoulders down. Shrink your belly, keep your feet in the ground and the legs slightly open: Place your right hand on the left scapula, with your left hand push slightly your right elbow towards your left shoulder. Don't move and breathe in and out for 10 seconds. Repeat the same exercise on the left direction.

20 s



Sit down and straight your back and place shoulders down. Place your hands at the side part of the chair. Join and lift your legs in parallel to the ground. Stay in this position for 5 seconds and don't breathe. Return to the initial position, with your legs bent and the feet on the ground. Breathe out for 5 seconds. Repeat the exercise 10 times.

1 min 40 s



Sit down with your feet on the ground, elbows on the table, and breathe in. Lift your right foot, contracting the abdominal. Keep this position for 10 seconds. Breathe out. Repeat the exercise with the left leg. Work out this exercise 3 times for each leg, alternately.

1 min



Sit down with your feet on the ground and place shoulders down. Stretch your neck and head, and place your right ankle on your left knee, place your right hand on your right knee. The left hand holds the right ankle. Your right hand pressures gently the right knee for 10 seconds. Breathe in and out. Repeat the exercise with your left leg.

1 min



Sit down and straight your back and your head pressed against the chair back. Stretch your right leg and heel, your toes turned upwards. Bent your left leg towards your chest with both hands. Slightly press your left knee using both hands. Keep this position. Breathe in and out for 10 seconds. Repeat the exercise your left leg.

20 s



Sit down on the edge of a chair, and bent your right leg, keeping the foot on the ground. Place the right hand on the right thigh. Stretch the left leg and keep your heel on the ground, with your toes turned upwards. Stretch your left arm and place it on the left leg, trying reaching the ankle, slightly stretching your back towards the ankle. Breathe in and out for 10 seconds. Repeat the exercise with your right leg.

20 s



|                 | Mo | Tu | We | Th | Fr | Sa | Su |
|-----------------|----|----|----|----|----|----|----|
| <b>JANUARY</b>  |    | 1  | 2  | 3  | 4  | 5  | 6  |
|                 | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
|                 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|                 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|                 | 28 | 29 | 30 | 31 |    |    |    |
| <b>FEBRUARY</b> |    |    |    |    | 1  | 2  | 3  |
|                 | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
|                 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|                 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|                 | 25 | 26 | 27 | 28 |    |    |    |
| <b>MARCH</b>    |    |    |    |    | 1  | 2  | 3  |
|                 | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
|                 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|                 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|                 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| <b>APRIL</b>    |    |    |    |    |    | 6  | 7  |
|                 | 1  | 2  | 3  | 4  | 5  | 13 | 14 |
|                 | 8  | 9  | 10 | 11 | 12 | 20 | 21 |
|                 | 15 | 16 | 17 | 18 | 19 | 27 | 28 |
|                 | 22 | 23 | 24 | 25 | 26 |    |    |
|                 | 29 | 30 |    |    |    |    |    |
| <b>MAY</b>      |    |    | 1  | 2  | 3  | 4  | 5  |
|                 | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
|                 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|                 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|                 | 27 | 28 | 29 | 30 | 31 |    |    |
| <b>JUNE</b>     |    |    |    |    |    | 1  | 2  |
|                 | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
|                 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|                 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|                 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

|                  | Mo | Tu | We | Th | Fr | Sa | Su |
|------------------|----|----|----|----|----|----|----|
| <b>JULY</b>      | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
|                  | 8  | 9  | 10 | 11 | 12 | 13 | 14 |
|                  | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|                  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|                  | 29 | 30 | 31 |    |    |    |    |
| <b>AUGUST</b>    |    |    |    | 1  | 2  | 3  | 4  |
|                  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
|                  | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|                  | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|                  | 26 | 27 | 28 | 29 | 30 | 31 |    |
| <b>SEPTEMBER</b> |    |    |    |    |    |    | 1  |
|                  | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
|                  | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
|                  | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|                  | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|                  | 30 |    |    |    |    |    |    |
| <b>OCTOBER</b>   |    | 1  | 2  | 3  | 4  | 5  | 6  |
|                  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
|                  | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|                  | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|                  | 28 | 29 | 30 | 31 |    |    |    |
| <b>NOVEMBER</b>  |    |    |    |    | 1  | 2  | 3  |
|                  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
|                  | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|                  | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|                  | 25 | 26 | 27 | 28 | 29 | 30 |    |
| <b>DECEMBER</b>  |    |    |    |    |    |    | 1  |
|                  | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
|                  | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
|                  | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|                  | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|                  | 30 | 31 |    |    |    |    |    |

|                                      |                                                                                                                                                  |                                                                                                          |                                                                                                  |                                                                                                                                                                           |                                                                                                                                   |                                                                                 |                                                                                                          |                                                                                                                  |                                                                                                                                     |                                                                                                                                                                       |                                                                                                                                                                                                  |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>January</b><br>1 – New Year's Day | <b>February</b><br>6 – International Day of Zero Tolerance for Female Genital Mutilation<br>11 – International Day of Women and Girls in Science | <b>March</b><br>1 – Zero Discrimination Day<br>8 – International Women's Day<br>22 – World Day for Water | <b>April</b><br>6 – International Day of Sport for Development and Peace<br>7 – World Health Day | <b>May</b><br>15 – International Day of Families<br>21 – World Day for Cultural Diversity for Dialogue and Development<br>22 – International Day for Biological Diversity | <b>June</b><br>1 – Global Day of Parents<br>21 – International Day of Yoga<br>27 – Micro-, Small and Medium-sized Enterprises Day | <b>July</b><br>28 – World Hepatitis Day<br>30 – International Day of Friendship | <b>August</b><br>9 – International Day of the World's Indigenous Peoples<br>12 – International Youth Day | <b>September</b><br>8 – International Literacy Day<br>28 – International Day for Universal Access to Information | <b>October</b><br>10 – World Mental Health Day<br>11 – International Day of the Girl Child<br>15 – International Day of Rural Women | <b>November</b><br>16 – International Day for Tolerance<br>20 – World Children's Day (UNICEF)<br>25 – International Day for the Elimination of Violence against Women | <b>December</b><br>1 – World AIDS Day<br>3 – International Day of Persons with Disabilities<br>9 – International Anti-Corruption Day<br>10 – Human Rights Day<br>18 – International Migrants Day |
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