SUMMER HERO CHALLENGE

Attend a class in studio	Go for a sunset walk	Listen to a motivating podcast	Cold plunge or ocean dip	Hit your 18th workout
Swim in the ocean or a pool	Train with a friend from the studio	Early morning workout	Spend an hour in the NZ bush	Stretch for 20 minutes
Drink 2L water in a day	Do an at home HIIT session	Sauna or hot soak	Eat 30 different plant species in a week (includes herbs & spices)	Read for 30 minutes
Watch a sunset	Decide on 1 wellbeing goal for 2027	Hit 3 sessions in 1 week	Declutter your space	Journal 3 things you're grateful for
Digital detox for 1 day	See a sunrise	Make a colourful summer meal	Do a 30 minute walk or run	Spend 1 hour outdoors
Run or walk up a steep hill	Sleep 8 hours	Take 3 deep breaths in sunshine	5 workouts in 2 weeks	Enjoy an alfresco meal

More details & digital bingo online at www.ahua.studio/summer-hero

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