



THE 7-DAY KINDNESS CHALLENGE ACTIVITY GUIDE

Doing good doesn't just feel good. It's also a boon to your health. In fact, kindness has been shown to ease stress and anxiety, lower blood pressure, and even lengthen life spans.

But turning our good intentions into actions isn't always easy. In this challenge, we'll introduce a new kindness activity each day for you to try. We'll also help you turn this goodwill into a long-lasting habit.

The best acts of kindness are the ones that come naturally. Challenge yourself to try each activity and see which ones could fit into your life for good.

DAY 1

Start with one small act

Even simple, informal acts of kindness can set off a ripple effect where others pay it forward, too. So ask yourself: What small act can I do right now to show someone I care?

Some ideas:

- Leave a positive comment on a social media post.
- Smile at a stranger when you're shopping.
- Send a note to a friend who wouldn't expect it.

DAY 2

Use your words to make a big impact

Being more aware of what we say to others can deepen our connections that extend well beyond that one moment. Learn to create an environment where you can build trust by practicing these key phrases:

How is your day? Really listen to their response.

I love ___ about you. Compliments and expressions of gratitude give others a boost but also bring some light into your own day!

Join me for a walk. This tip is tailor-made for SilverSneakers fans! Research shows that walking with friends is a surefire way to deepen bonds and lift each other up.

DAY 3

Make volunteering part of your wellness routine

Pick a way to give back that feels right for you — be it a formal commitment or off the cuff. It's all about helping others in a way that makes you feel happier and healthier.

Some ideas:

- Create a meal chain for a friend in need.
- Sweep a neighbor's front steps.
- Serve as a reading partner at a local school.

CHALLENGE NOTES

**Take Advantage
of Your
SilverSneakers
Community**

There's something special about getting fit alongside your neighbors:

You're not just building strength, you're building bonds. That's what the SilverSneakers

Community is all about. Enjoy a variety of classes led by local trainers.

[Check your eligibility instantly here.](#)



DAY 4

Turn your workout into an act of kindness

Why not double up the benefits of movement *and* kindness? Choose an activity that lends itself to good deeds.

Some ideas:

- Pick up litter on your daily walk. (Invite a friend!)
- Sign up for a virtual charity race.
- Plant a tree or pollinator-friendly flowers.

DAY 5

Make self-care part of your daily routine

To be our best self for others, we have to take care of ourselves first. Ask yourself: What do I need to do to lower my everyday stress and nourish my body and mind?

Some ideas:

- Cook a nutritious lunch.
- Go for a walk in nature.
- Take a news and social media break.

CHALLENGE NOTES

Check your SilverSneakers eligibility, find locations, discover online workouts, and more at [SilverSneakers.com](https://www.silversneakers.com)

DAY 6

Make kindness a habit

Reflect on your experiences from the past week and pick an activity (or a few) that you'd like to keep practicing. To integrate more kindness into your everyday life, use this SMART goal tool to help you stick with your intentions.

Specific. What exactly will I accomplish?

Measurable. How will I know when I reached this goal?

Achievable. Is this goal realistic and how will I accomplish it?

Relevant. Why is my goal important to me?

Timely. What is my deadline for this goal?

DAY 7

Connect with like-minded people

One way to stick to your new kindness habit is to enlist accountability buddies. They can help keep you motivated, talk through challenges, and open you up to new ideas.

Join our [SilverSneakers Facebook page](#) to engage with other members and see what's new.

CHALLENGE NOTES



Try a SilverSneakers EnerChi Class

The easy-to-learn, tai chi-inspired movements in our **EnerChi** classes are a great addition to your self-care routine. You'll reduce stress, boost brain power, improve balance — and so much more. It's offered both in-person at participating [SilverSneakers fitness locations](#) and online. See the latest SilverSneakers LIVE schedule and RSVP for classes [here](#).