



POSITIVE



Healthy @ Home



INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday
APRIL 6



- Watch the CAMH Mindfulness Wellness Series at 2pm - [click here](#) to sign up!
- Try this dance to Eye of the Tiger!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Tuesday
APRIL 7



- Try this 10-minute meditation video!
- Complete the Level 2 of the Fit 5 Fitness Videos:
Endurance
Flexibility
Strength

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Wednesday
APRIL 8



- Choose a drawing to colour online or print off and colour **one of these!**
- Go for a 1-hour walk or a 1-hour bike ride!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Thursday
APRIL 9



- Music is good for the soul - watch a concert online!
- Try this ballet class for beginners!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Friday
APRIL 10



- Call, text or email 3 friends or teammates!
- Complete the Level 3 of the Fit 5 Fitness Videos:
Endurance
Flexibility
Strength

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Saturday
APRIL 11



- Write down your favourite motivational quote and put it somewhere you can see every day. **Here are some of our favourites!**
- Get your hips moving with this fun dance class!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Sunday
APRIL 12



- Write a letter or draw a picture for 3 neighbours or friends who don't have access to the internet!
- Go for a 30-minute walk or bike ride (remember to stay at least 6 feet away from others!)

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

WHAT'S ON THIS WEEK?

WEDNESDAY
Wellness Wednesday
Special Olympics Ontario
Facebook Live @ 2:00PM

[Click here](#) to view the Virtual Calendar!

Share how YOU are staying healthy!
#SOHealthyAtHome

For more resources and tools to help you stay Healthy @ Home, visit:
SOHealthyAtHome.ca



CONNECTED



ACTIVE