



WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday
JUNE 29



- Make it your goal to floss your teeth every night before bed!
- Take a 1-hour walk and record your time online for **Walk the World With Me!**

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

HOW I'M BEING HEALTHY:

Tuesday
JUNE 30



- Try focusing on 2 good things in your life to help you Stay Positive! **Here are some examples!**
- Do an arm workout like **the one Erica is demonstrating!** You can use cans instead of weights!

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

HOW I'M BEING HEALTHY:

Wednesday
JULY 1



- Happy Canada Day! Share your favourite photo celebrating our country, your community or province!
- Try this Canada Day themed workout!**

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

HOW I'M BEING HEALTHY:

Thursday
JULY 2



- Call, text or email 3 friends or teammates! **Here are some things you can ask your friends!**
- Put on your dancing shoes and bust a move! **We like this dance playlist!**

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

HOW I'M BEING HEALTHY:

Friday
JULY 3



- Try this recipe** for a Greek Salad Wrap!
- Try this 20 minute cardio and abs workout!**

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

HOW I'M BEING HEALTHY:

Saturday
JULY 4



- Drink at least 5 sports bottles of water OR 8 glasses of water (you should be doing this every day!)
- How many burpees can you do in 1 minute? Let us know on social media!

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

HOW I'M BEING HEALTHY:

Sunday
JULY 5



- Write an entry in your gratitude journal. Write down 3 things that made you happy this past week!
- Try this martial arts workout!**

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HOW I'M BEING HEALTHY:

WHAT'S ON THIS WEEK?

THURSDAY
Virtual Trivia
Zoom
1:00PM EDT

FRIDAY
From the Stands
Special Olympics Ontario
Facebook Live
12:00PM EDT

[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