

WEEKLY WELLNESS CHALLENGE



Be sure to complete BOTH challenges each day!



Monday **AUGUST 3**



Tuesday **AUGUST 4**



Wednesday **AUGUST 5**



Thursday **AUGUST 6**





Pay attention to portion sizes - how much you eat of something is just as important as what you are eating!



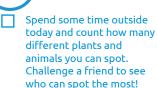
Want more? **Click here** to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

- What's your favourite sport? Draw a picture of you playing that sport and share it with a friend!
- Watch Jackson do a **sprint workout**, then get outside and try it yourself! Wear sunscreen, bring a water bottle, and stay 6 feet away from others! Want more? **Click here** to try our Workout of the Day! #SOOWOD
- HOW I'M BEING HEALTHY:
- Are you wondering how much water you should drink a day? The answer is 6-8 glasses! Try to make this your goal!
- Follow along with one of our virtual summer sport practice videos!

Want more? **Click here** to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:



Follow along to this Zumba routine and dance, dance, dance!

Want more? **Click here** to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Friday **AUGUST 7**



Try this recipe for broccoli pasta!



Want more? Click here to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Saturday **AUGUST 8**



- What are your top 3 favourite songs? Listen to them today and see if you can sing along and remember all the words!
- It's Saturday! Get your dancing shoes on and follow along to this fun dance workout!

Want more? **Click here** to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Sunday **AUGUST 9**



- Watch this 20-minute video that takes you through some breathing exercises and meditation techniques!
- End off the week with a 1-hour long walk, then log vour time for

#WalkTheWorldWithMe! Want more? **Click here** to try our

Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

WHAT'S ON **THIS WEEK?**

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

