





WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!


Monday JULY 27

- Are you watching screens for more than 3 hours/day? Try to lessen your screen time by doing other activities like exercising, reading and walking!
- How many burpees can you do in 1 minute? Challenge a friend to beat your number!

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

Tuesday JULY 28

- Take a virtual tour of the British Museum** and learn something new!
- Follow along with Stephenie as she completes **today's fitness challenge**: 20 high knees, 20 jumping jacks and 20 squats!

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

Wednesday JULY 29




- Write down 3 things you are grateful for in your gratitude journal!
- Follow along to **this easy and fun yoga workout!** Roll out a mat or find some space on your floor!

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

Thursday JULY 30




- Colour in one of these **Stay Positive colouring pages!**
- Complete Level 4 of the Fit 5 videos again! Have you improved?
**Endurance
Flexibility
Strength**

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HOW I'M BEING HEALTHY:

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Friday JULY 31




- Try this recipe** for a turkey ranch wrap!
- Do you want a nice way to relax before bed? Try this awesome **yoga for bedtime routine!**

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Saturday AUGUST 1

- Found a pretty flower or leaf you want to keep? Try pressing it between a heavy book to preserve your find!
- Make your own workout with a friend! Challenge each other to lunges, squats and pushups!

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Sunday AUGUST 2




- Tell a friend or family member that you appreciate them with a phone call! Think of 3 reasons why they make you happy!
- It's Sunday Friday so why not dance! Follow along to this **dance routine!**

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HOW I'M BEING HEALTHY:

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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