



POSITIVE



Healthy @ Home



INFORMED

# WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



**Monday**  
**AUGUST 10**




- Make a smoothie today - try to use at least one fruit and one vegetable!
- Push-up challenge! See how many push-ups you can do then call a friend to see how many they can do!

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

**Tuesday**  
**AUGUST 11**

- Check-in with a teammate or friend to see what they've been doing outside to stay healthy while physical distancing!
- Rewatch the **SOA-Calgary Live workout with Ashley and Alex Singleton!**

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



**Wednesday**  
**AUGUST 12**




- Warrior Wednesday! **Follow the picture instructions created by SOQuebec** to learn some fun yoga poses!
- New to yoga? **Follow along with Marissa** as she introduces us to chair yoga for all abilities and bodies!

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

**Thursday**  
**AUGUST 13**

- Clean your house today! Start by making your bed, sweeping the floors and cleaning your desk. Listen to some music while you do this!
- Try these **"spell your name" exercises!**

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

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:



**Friday**  
**AUGUST 14**




- Challenge a friend to see **how many fruits and vegetables you can name!**
- Follow along to **this summer practice** all about jumping!

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



**Saturday**  
**AUGUST 15**

- Take a **virtual trip** to Walt Disney World Magic Kingdom's "It's a Small World ride"!
- Become a ballerina today by following along to Christina showing you **how to do an arabesque and a passe!**

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

**Sunday**  
**AUGUST 16**

- Call a friend or family member today and describe them in just 3 words! Then ask them to do the same for you!
- End off the week with a 45-minute walk, then log your time for **#WalkTheWorldWithMe!**

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

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

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



CONNECTED



ACTIVE