





WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday
AUGUST 17

- Have a Mindful Monday by **following along to this 15 minute meditation!**
- Check out some of **these Stay Positive activities** and try doing your favourite one for 30 minutes!

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

Tuesday
AUGUST 18

- When it's sunny out, make sure to drink lots of water and stay in the shade. Reapply your sunscreen every 2 hours!
- Work on your flexibility today by **following along to this video!**

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

Wednesday
AUGUST 19




- Re-watch one of our **Virtual Healthy Athletes videos!**
- Interested in learning about running? **Watch this SO practice on distance running!**

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

Thursday
AUGUST 20




- What are your favourite fruits and vegetables? Try to eat them every week!
- Try out **this cool shadow boxing workout** that takes you through all different types of air punches!

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



HOW I'M BEING HEALTHY:

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Friday
AUGUST 21

- Follow along with **SO Athlete Erica's recipe for Banana Bread!**
- Have a fun Friday by trying out **these funny animal walk exercises!**

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



Saturday
AUGUST 22

- Have you been getting enough sleep? Follow along to **this meditation** for sleep before going to bed tonight!
- How many activities can you complete from **this SO Fitness Bingo Card?** Try to complete 3 lines!

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

Sunday
AUGUST 23

- 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 out **this indoor walking workout** that uses your arms and legs!

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

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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