



# WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday  
AUGUST 24



- Watch this **Meal Monday video** on how to make Avocado and Egg on Toast!
- Try out this **fun family workout** with the people you live with or try it on your own!

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

HOW I'M BEING HEALTHY:

Tuesday  
AUGUST 25



- Start your morning by drinking a full glass of water to boost your energy for the day!
- Try out some of these **Stay Positive activities** and have some fun!

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

HOW I'M BEING HEALTHY:

Wednesday  
AUGUST 26



- Call a friend today and tell them your favourite joke! Here's one we like: What do you call a sleepy dinosaur? A dino-snore!
- Marissa is back with **another great yoga video!**

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

HOW I'M BEING HEALTHY:

Thursday  
AUGUST 27



- Are you eating enough fruits and vegetables? Try making half your plate fruits and veggies at every meal!
- Your workout for the day is 20 jumping jacks, 10 push-ups and 10 sit-ups. Repeat this 3 times!

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

HOW I'M BEING HEALTHY:

Friday  
AUGUST 28



- Follow along with **SO Athlete Val's recipe for Strawberry Soup!**
- Follow along to this **Fitness Friday video** from Special Olympics Arizona!

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HOW I'M BEING HEALTHY:

Saturday  
AUGUST 29



- Share an activity you love doing with a family member or friend by drawing a picture of it then doing it together!
- It's Saturday! Get your dancing shoes on and dance to your favourite songs! **Here's a playlist we like!**

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HOW I'M BEING HEALTHY:

Sunday  
AUGUST 30



- Finish up the week by connecting with 3 family members or friends. Call/text/video chat and see how they are doing!
- Wind down by ending your day with **this yoga routine** for a full body stretch!

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](http://SOHealthyAtHome.ca)