



WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday SEPTEMBER 7



- Try to limit sugary drinks this week and choose healthier options like water, milk and coffee or tea!
- How many jumping jacks can you do in 1 minute? Let us know on social media then challenge a friend to beat your number!

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

HOW I'M BEING HEALTHY:

Tuesday SEPTEMBER 8



- Write down 3 things you're grateful for in a gratitude journal!
- Rewatch the School of Strength **video on endurance!** See how much you have improved!

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

HOW I'M BEING HEALTHY:

Wednesday SEPTEMBER 9



- Try and follow **Canada's Food Guide** when making all your meals!
- Try this **awesome boxing workout!**

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

HOW I'M BEING HEALTHY:

Thursday SEPTEMBER 10



- Need a reminder on proper hand washing? **Watch this video** and see if you're following all the steps!
- Do you love Disney? Then you'll love this **Disney themed workout!**

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

HOW I'M BEING HEALTHY:

Friday SEPTEMBER 11



- Try this recipe** for a Mixed Berry and Banana Smoothie!
- Join Marissa for another **great yoga session** - this one focuses on stress!

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HOW I'M BEING HEALTHY:

Saturday SEPTEMBER 12



- Connect with nature today by going outside for a walk or watch the sunset!
- Follow along to **this video** to work on your flexibility!

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HOW I'M BEING HEALTHY:

Sunday SEPTEMBER 13



- Finish up the week by connecting with 3 friends or family members. Call/text/video chat and see how they are doing!
- Spend 30 minutes today doing a fun activity! **Check out these activities** to Stay Active!

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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