



POSITIVE



Healthy @ Home



INFORMED

# WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday  
AUGUST 31



- Make it your goal this week to drink 6-8 glasses of water everyday!
- Start your morning off with **this 15-minute workout** routine for a burst of energy!

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

HOW I'M BEING HEALTHY:

Tuesday  
SEPTEMBER 1



- Make a healthy salad for lunch today with at least 2 different vegetables! We like lettuce, cucumber, and tomatoes!
- Do an arm workout today; 10 push-ups, 10 tricep dips and 10 burpees! Repeat this 3 times!

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HOW I'M BEING HEALTHY:

Wednesday  
SEPTEMBER 2



- Use your body to help your mind feel better through stretching and yoga. Hold your arms over your head, clasp your hands and stretch to each side while breathing deeply.
- Ever wanted to play softball? Follow along with our virtual practices!

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HOW I'M BEING HEALTHY:

Thursday  
SEPTEMBER 3



- Try to get up and walk around every hour to spend less time sitting!
- Rewatch the **School of Strength workout** for strong muscles! All you need is a chair to get started!

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HOW I'M BEING HEALTHY:

Friday  
SEPTEMBER 4



- Do something that makes you happy! Read your favourite book, listen to your favourite song or call your favourite person!
- Get your groove on with **this 30-minute fun dance workout!**

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

HOW I'M BEING HEALTHY:

Saturday  
SEPTEMBER 5



- Connect with 3 friends today by calling, texting, or video chatting and share with them what your favourite food is!
- Create an obstacle course today! Try adding things like running around a chair or jumping rope!

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HOW I'M BEING HEALTHY:

Sunday  
SEPTEMBER 6



- If you are going out for a walk at night, remember to put on bug spray so you don't get bitten by mosquitoes!
- Finish off the week by going on a 1-hour walk, and log your time on **#WalktheWorldSO**

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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](http://SOHealthyAtHome.ca)



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ACTIVE