
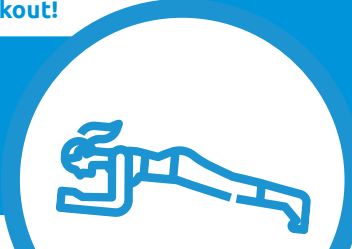


OCTOBER MONTHLY WELLNESS CALENDAR

<p>1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure you're washing your hands properly! <input type="checkbox"/> Work out your arms today with this video! 	<p>2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try this Breakfast Egg Muffin recipe! <input type="checkbox"/> Join Coach John for this great warm up! 	<p>3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be sure to get 7-9 hours of sleep each night! <input type="checkbox"/> Turn a deck of cards into fitness challenges! 	<p>4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Connect with 3 friends by call, text, or video call! <input type="checkbox"/> Here's a great 10-minute cooldown video! 	<p>5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do something good like helping a friend or doing a chore! <input type="checkbox"/> Watch this video to improve your balance! 	<p>6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Grab a book or interesting article! <input type="checkbox"/> How many times can you jump rope in 1-minute? Tell us on social media! 	<p>7</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take 2 minutes to meditate! <input type="checkbox"/> Watch this video to help strengthen your back! 	
<p>8</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make it a goal to eat 5 fruits and vegetables today! <input type="checkbox"/> Follow along with this video to workout your abs! 	<p>9</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try this recipe for Greek Pita Cups! <input type="checkbox"/> Create a fitness challenge scavenger hunt - hide exercises on pieces of paper! 	<p>10</p> <ul style="list-style-type: none"> <input type="checkbox"/> Express yourself through painting or drawing a picture! <input type="checkbox"/> Can you complete this challenge in 1-minute? 	<p>11</p> <ul style="list-style-type: none"> <input type="checkbox"/> Connect with friends online and play a board game! <input type="checkbox"/> Do these stretches to start off the morning! 	<p>12</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check out the Fit 5 Resources here! <input type="checkbox"/> Here's a quick video to help improve your flexibility! 	<p>13</p> <ul style="list-style-type: none"> <input type="checkbox"/> Look away from your screen every 20 minutes! <input type="checkbox"/> Create your own obstacle course around your house! 	<p>14</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure you're brushing your teeth for 2-3 minutes! <input type="checkbox"/> Follow along with this 15-minute leg workout! 	
<p>15</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fill out this Stay Positive worksheet! <input type="checkbox"/> Challenge yourself to hold a plank for 1 minute! 	<p>16</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try this recipe for Roasted Chick Pea Wraps! <input type="checkbox"/> Check out this 10-minute ab workout! 	<p>17</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spend some quality time with your family today! <input type="checkbox"/> Try this 30-minute kickboxing video! 	<p>18</p> <ul style="list-style-type: none"> <input type="checkbox"/> Craving chips? Try kale chips! You can make your own! <input type="checkbox"/> Here's a fun 2000s dance party workout! 	<p>19</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stimulate your brain by learning something new! <input type="checkbox"/> Try this 30-minute standing cardio workout! 	<p>20</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turn off your screens 30 minutes before sleeping! <input type="checkbox"/> Use your name and do workouts to spell your name! 	<p>21</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stay hydrated! Try infusing water with fruit! <input type="checkbox"/> Tone your arms with this 15-minute workout! 	
<p>22</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make this 10-minute Beef and Black Bean Stir Fry! <input type="checkbox"/> How many squats can you do in 1 minute? 	<p>23</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stand and stretch every once in a while! <input type="checkbox"/> Try this 30-minute core strengthening workout! 	<p>24</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try this recipe for Oatmeal Cookies! <input type="checkbox"/> Hold each of these yoga poses for 60 seconds! 	<p>25</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do a closet clean out today to feel more productive! <input type="checkbox"/> Work out your legs today with this video! 	<p>26</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get your daily fruits with a fruit salad! <input type="checkbox"/> Write 10 fitness activities and put them in a jar - pull one out and do it! 	<p>27</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try an art project like origami to stimulate your brain! <input type="checkbox"/> Try this Tabata workout video! 	<p>28</p> <ul style="list-style-type: none"> <input type="checkbox"/> Limit your caffeine and sugar intake! <input type="checkbox"/> Roll 2 dice - let 1 die decide an exercise and 1 die decide the number of reps! 	
<p>29</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a minute to compliment someone! <input type="checkbox"/> Here's a 5-minute warm-up for before your workout! 	<p>30</p> <ul style="list-style-type: none"> <input type="checkbox"/> Connect with 3 friends or family today! <input type="checkbox"/> Follow along with this 30-minute HIIT workout! 	<p>31</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try taking 5 deep breaths to clear your mind! <input type="checkbox"/> Strengthen your body with this workout! 	<p>Click on the  for each day's Workout of the Day!</p>				



For more resources and tools to help you stay Healthy @ Home, visit: SOHealthyAtHome.ca

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