



# WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday  
AUGUST 3



- Pay attention to portion sizes - how much you eat of something is **just as important as what you are eating!**
- Do 10 push-ups, 20 squats, 20 jumping jacks - then challenge a friend to do it right after you! Try this 3 times each!

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

Tuesday  
AUGUST 4



- What's your favourite sport? Draw a picture of you playing that sport and share it with a friend!
- Watch Jackson do a sprint workout**, then get outside and try it yourself! Wear sunscreen, bring a water bottle, and stay 6 feet away from others!

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Wednesday  
AUGUST 5



- Are you wondering how much water you should drink a day? The answer is 6-8 glasses! Try to make this your goal!
- Follow along with one of our **virtual summer sport practice videos!**

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Thursday  
AUGUST 6



- Spend some time outside today and count how many different plants and animals you can spot. Challenge a friend to see who can spot the most!
- Follow along to **this Zumba routine** and dance, dance, dance!

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HOW I'M BEING HEALTHY:

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Friday  
AUGUST 7



- Try this recipe** for broccoli pasta!
- Try this **fun themed workout** featuring the Avengers, Harry Potter and Star Wars!

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Saturday  
AUGUST 8



- What are your top 3 favourite songs? Listen to them today and see if you can sing along and remember all the words!
- It's Saturday! Get your dancing shoes on and follow along to **this fun dance workout!**

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Sunday  
AUGUST 9



- Watch **this 20-minute video** that takes you through some breathing exercises and meditation techniques!
- End off the week with a 1-hour long walk, then log your time for **#WalkTheWorldWithMe!**

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HOW I'M BEING HEALTHY:

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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](http://SOHealthyAtHome.ca)