



POSITIVE



Healthy @ Home



INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday
SEPTEMBER 14



- Practice deep breathing today! Breathe in slowly while counting to 4 then breathe out counting to 4. Try this 3 times!
- Retry Stephanie's fitness challenge!** 20 high knees, 20 jumping jacks and 20 squats!

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

HOW I'M BEING HEALTHY:

Tuesday
SEPTEMBER 15



- Write down 3 things you're happy about in a gratitude journal!
- Try this great 20 minute full body exercise!**

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

HOW I'M BEING HEALTHY:

Wednesday
SEPTEMBER 16



- A clean space is a happy space! Make your bed, sweep the floor and tidy your desk today!
- Do a leg workout today! Start with 20 squats, 20 lunges, 20 jumping jacks! Repeat this 3 times for a full workout!

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

HOW I'M BEING HEALTHY:

Thursday
SEPTEMBER 17



- Make it a goal to eat 5 fruits and vegetables today!
- Have some fun today with **this all levels cardio dance workout!**

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

HOW I'M BEING HEALTHY:

Friday
SEPTEMBER 18



- Try this recipe for a **Flatbread Pizza!**
- Warming up is super important! Do the **School of Strength warm up** today before trying the workout of the day!

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

HOW I'M BEING HEALTHY:

Saturday
SEPTEMBER 19



- Having trouble sleeping? Try having a shower, drinking a warm cup of milk and read a book before bed!
- Saturday night dance party! Dance with your friends or family! **Here's a playlist we like!**

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

HOW I'M BEING HEALTHY:

Sunday
SEPTEMBER 20



- Try this recipe for a **Greek Salad Wrap!**
- Finish up the week by going on a 1-hour walk. Remember to log your time online for **#WalkTheWorldSO!**

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



CONNECTED



ACTIVE