

# JUNE 2022 WELLNESS CHALLENGE

<p><b>1</b></p> <p><input type="checkbox"/> Summer is almost here! Write a list of 10 things you want to do this summer.</p> <p><input type="checkbox"/> Challenge a friend or family member to see who can do the most jumping jacks in a minute!</p>	<p><b>2</b></p> <p><input type="checkbox"/> Getting enough sunlight can do great things for our mood. Take a 20-minute walk outside and soak up some that sunshine.</p> <p><input type="checkbox"/> Get your body ready for exercise with this 5-minute warm up! <a href="https://www.youtube.com/watch?v=CSrBaHX3HxQ">https://www.youtube.com/watch?v=CSrBaHX3HxQ</a></p>	<p><b>3</b></p> <p><input type="checkbox"/> Did you know that today is National Donut Day? Complete a workout challenge and reward yourself with a donut.</p> <p><input type="checkbox"/> With the return of this beautiful weather, try an afternoon walk around your neighbourhood.</p>	<p><b>4</b></p> <p><input type="checkbox"/> Have you ever tried making Origami? Try making a paper crane following this tutorial: <a href="https://www.youtube.com/watch?v=KfnjyopxdJXQ">https://www.youtube.com/watch?v=KfnjyopxdJXQ</a></p> <p><input type="checkbox"/> Try out this full body workout. It's 'good 4 u': <a href="https://www.youtube.com/watch?v=8uwqygs2xLY">https://www.youtube.com/watch?v=8uwqygs2xLY</a></p>	<p><b>5</b></p> <p><input type="checkbox"/> It's self-care Sunday! Take 30mins to do an activity that makes you happy.</p> <p><input type="checkbox"/> Good morning! Start your day with a short morning workout <a href="https://www.youtube.com/watch?v=9g4z0gFlpA">https://www.youtube.com/watch?v=9g4z0gFlpA</a></p>	<p><b>6</b></p> <p><input type="checkbox"/> Mingle Monday! Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p> <p><input type="checkbox"/> Challenge yourself to see how many push-ups or wall push-ups you can do. Then try to beat your own score!</p>	<p><b>7</b></p> <p><input type="checkbox"/> It's important to include fruit in our diet. Try eating some fruit as a snack today.</p> <p><input type="checkbox"/> You can do it! Try an extra 15mins of exercise today than your last workout.</p>
<p><b>8</b></p> <p><input type="checkbox"/> Starting off the morning right sets the tone for the rest of the day! Make your bed as soon as you wake up.</p> <p><input type="checkbox"/> Workout Wednesday's. Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p>	<p><b>9</b></p> <p><input type="checkbox"/> Sticking to a routine can get repetitive. Try a new activity today!</p> <p><input type="checkbox"/> Set a new exercise goal and achieve it by the end of the day. For example, set a goal of 30mins of activity today.</p>	<p><b>10</b></p> <p><input type="checkbox"/> Thank goodness it's Friday! Grab some snacks and have a movie night.</p> <p><input type="checkbox"/> Work on your endurance and go on a 20 minute jog today!</p>	<p><b>11</b></p> <p><input type="checkbox"/> It's the weekend! Call up a friend and do something fun together.</p> <p><input type="checkbox"/> Have a solo dance party or dance with a friend using this workout! <a href="https://www.youtube.com/watch?v=zm8Z-63UoTo">https://www.youtube.com/watch?v=zm8Z-63UoTo</a></p>	<p><b>12</b></p> <p><input type="checkbox"/> Self-love is so important! Write down 5 things you like about yourself.</p> <p><input type="checkbox"/> 50 push ups or 50 squats? Pick one and try them now.</p>	<p><b>13</b></p> <p><input type="checkbox"/> Mingle Monday! Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p> <p><input type="checkbox"/> How long can you hold a plank? Try one today and record your time.</p>	<p><b>14</b></p> <p><input type="checkbox"/> Hamburgers or hot dogs? Break out the BBQ and try a new recipe.</p> <p><input type="checkbox"/> Can you plank longer than you did yesterday? Try now and compare to your time from yesterday.</p>
<p><b>15</b></p> <p><input type="checkbox"/> Check in with your mental and emotional wellbeing with this guided meditation <a href="https://www.youtube.com/watch?v=MioL57rVync">https://www.youtube.com/watch?v=MioL57rVync</a></p> <p><input type="checkbox"/> Daily stretching is important. Stretch out any tense muscles throughout your day today.</p>	<p><b>16</b></p> <p><input type="checkbox"/> Exercise your brain! Do a puzzle or try a word search from this website <a href="https://thewordsearch.com/">https://thewordsearch.com/</a></p> <p><input type="checkbox"/> Try a new exercise. Here's a tutorial on how to perform bird dogs: <a href="https://www.youtube.com/watch?v=wiFNA3sqjCA">https://www.youtube.com/watch?v=wiFNA3sqjCA</a></p>	<p><b>17</b></p> <p><input type="checkbox"/> It's finally Friday! Call up a friend and see how they're doing!</p> <p><input type="checkbox"/> Find a nearby set of stairs and try walking up and down them multiple times.</p>	<p><b>18</b></p> <p><input type="checkbox"/> It's important to relax and disconnect every once in a while. Log off of social media today and limit your TV to one hour.</p> <p><input type="checkbox"/> Complete this latin-inspired Zumba workout today! <a href="https://www.youtube.com/watch?v=lr2LdVosa8">https://www.youtube.com/watch?v=lr2LdVosa8</a></p>	<p><b>19</b></p> <p><input type="checkbox"/> Create a new playlist and have a dance party today!</p> <p><input type="checkbox"/> Relax your muscles by following this yoga session: <a href="https://www.youtube.com/watch?v=WwF7ooo1igE">https://www.youtube.com/watch?v=WwF7ooo1igE</a></p>	<p><b>20</b></p> <p><input type="checkbox"/> Mingle Monday! Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p> <p><input type="checkbox"/> Core crusher! Do 10 sit ups, 15 russian twists, and a 30 second plank ... 3 times!</p>	<p><b>21</b></p> <p><input type="checkbox"/> Today is the first day of summer! Celebrate by treating yourself to some ice cream!</p> <p><input type="checkbox"/> Complete this gymnastics workout for beginners today: <a href="https://www.youtube.com/watch?v=cbAEjDqsBNY">https://www.youtube.com/watch?v=cbAEjDqsBNY</a></p>
<p><b>22</b></p> <p><input type="checkbox"/> Don't forget to stay hydrated. Try to drink 8 glasses of water today.</p> <p><input type="checkbox"/> Workout Wednesday's. Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p>	<p><b>23</b></p> <p><input type="checkbox"/> It's important to enjoy your own company and use quiet time to recharge. Try reading a book by yourself today.</p> <p><input type="checkbox"/> Warm up your body with this fun workout: <a href="https://www.youtube.com/watch?v=NKXLW7PkPQc&amp;t=136s">https://www.youtube.com/watch?v=NKXLW7PkPQc&amp;t=136s</a></p>	<p><b>24</b></p> <p><input type="checkbox"/> Join Chef Anthony's cooking class. Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p> <p><input type="checkbox"/> Improve your flexibility using this workout routine: <a href="https://www.youtube.com/watch?v=Yzm3fA2HhkQ">https://www.youtube.com/watch?v=Yzm3fA2HhkQ</a></p>	<p><b>25</b></p> <p><input type="checkbox"/> Following along with this step-by-step painting lesson: <a href="https://www.youtube.com/watch?v=CDO0ka3Wt7g&amp;ab_chann_el=Arteza">https://www.youtube.com/watch?v=CDO0ka3Wt7g&amp;ab_chann_el=Arteza</a></p> <p><input type="checkbox"/> Time for cardio! Choose between going for a walk, a bike ride or doing some jumping jacks</p>	<p><b>26</b></p> <p><input type="checkbox"/> Getting enough sleep is essential for our health. Try to get at least 8 hours of sleep tonight.</p> <p><input type="checkbox"/> Challenge a friend or family member to a wall sit competition!</p>	<p><b>27</b></p> <p><input type="checkbox"/> Mingle Monday! Register here: <a href="https://us02web.zoom.us/j/84567890123">https://us02web.zoom.us/j/84567890123</a></p> <p><input type="checkbox"/> End your day with yoga stretches to help relax your body for sleep <a href="https://www.youtube.com/watch?v=ChHxbJuUR9Q">https://www.youtube.com/watch?v=ChHxbJuUR9Q</a></p>	<p><b>28</b></p> <p><input type="checkbox"/> Take a break from looking at a screen and do a puzzle today.</p> <p><input type="checkbox"/> Complete this 10-minute core workout. <a href="https://www.youtube.com/watch?v=dNEZKqopc2I">https://www.youtube.com/watch?v=dNEZKqopc2I</a></p>
<p><b>29</b></p> <p><input type="checkbox"/> Write down three goals you'd like to achieve by the end of the summer. Try and make an action plan to achieve them.</p> <p><input type="checkbox"/> How good is your balance? Stand on one foot and see how long you can hold that pose!</p>	<p><b>30</b></p> <p><input type="checkbox"/> It's the end of June! Write a journal entry reflecting on your favourite moments from this month.</p> <p><input type="checkbox"/> Repeat your favourite fitness challenge from this month!</p>	<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](https://SOHealthyAtHome.ca)

Share how YOU are staying healthy! #SOHealthyAtHome



**Healthy  
@ Home**