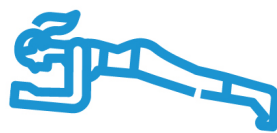


SEPTEMBER WELLNESS CHALLENGE

<p>1</p> <p><input type="checkbox"/> It's the beginning of the month! Set 3 goals you want to achieve this month.</p> <p><input type="checkbox"/> Warm your body up for today's workout with this dance workout.</p>	<p>2</p> <p><input type="checkbox"/> Trying new things helps us grow. Listen to a genre of music you don't usually listen to!</p> <p><input type="checkbox"/> Challenge yourself by doing 20 squats, 20 lunges, and 20 push ups!</p>	<p>3</p> <p><input type="checkbox"/> Exercise your brain! Try solving these riddles.</p> <p><input type="checkbox"/> See how long you can hold a wall sit!</p>	<p>4</p> <p><input type="checkbox"/> The early bird gets the worm! Get up 30 minutes earlier than usual to get a head start to your day!</p> <p><input type="checkbox"/> Warm up your body a quick cardio workout</p>	<p>5</p> <p><input type="checkbox"/> The mindset we have can impact how we live our lives. Watch this TedTalk on the mindset of a champion.</p> <p><input type="checkbox"/> Get your body moving as soon as you wake up with this 10-minute workout</p>	<p>6</p> <p><input type="checkbox"/> Twine Tuesdays</p> <p><input type="checkbox"/></p>	<p>7</p> <p><input type="checkbox"/> Oatmeal is great for your health and helps keep you fuller. Make some oatmeal for breakfast and add your favourite toppings!</p> <p><input type="checkbox"/> Do 10 jumping jacks, 10 squats, and 10 sit-ups. Do 2 rounds of this.</p>
<p>8</p> <p><input type="checkbox"/> Eat mindfully today by avoiding screens during mealtimes.</p> <p><input type="checkbox"/> How many squats can you do? Try out this challenge!</p>	<p>9</p> <p><input type="checkbox"/> What is an activity that brings you joy? Make time for your favourite hobby.</p> <p><input type="checkbox"/> Stretch your body with the help of this video.</p>	<p>10</p> <p><input type="checkbox"/> Create a time capsule! Put whatever you want in it and decide on a future date you will open it.</p> <p><input type="checkbox"/> Get your morning started with some dancing!</p>	<p>11</p> <p><input type="checkbox"/> Spend quality time with a loved one!</p> <p><input type="checkbox"/> Challenge yourself by trying to get 5000 steps in today</p>	<p>12</p> <p><input type="checkbox"/> Engage in mindfulness meditation following this video</p> <p><input type="checkbox"/> Time to work out those abs! Follow this short workout.</p>	<p>13</p> <p><input type="checkbox"/> Twine Tuesdays</p> <p><input type="checkbox"/></p>	<p>14</p> <p><input type="checkbox"/> Are you an introvert or extrovert? Find out with this quiz!</p> <p><input type="checkbox"/> Time how long you can balance on one leg, then try balancing on your other foot.</p>
<p>15</p> <p><input type="checkbox"/> Surprise a loved one with homemade chocolate chip cookies! Follow this recipe.</p> <p><input type="checkbox"/> Go for a 15-minute jog outside!</p>	<p>16</p> <p><input type="checkbox"/> Make your favourite meal for dinner!</p> <p><input type="checkbox"/> Have fun warming up your body with this dance workout!</p>	<p>17</p> <p><input type="checkbox"/> An apple a day keeps the doctor away! Eat an apple today!</p> <p><input type="checkbox"/> Do 25 jumping jacks, rest for 1 minute, and then do 25 more.</p>	<p>18</p> <p><input type="checkbox"/> Self-love Sunday! Write down 5 things you love and appreciate about yourself.</p> <p><input type="checkbox"/> Try out this standing abs workout.</p>	<p>19</p> <p><input type="checkbox"/> There is wildlife all around us and so much we don't understand about it! Learn more by watching a wildlife documentary.</p> <p><input type="checkbox"/> Get your heart rate up with this quick cardio workout</p>	<p>20</p> <p><input type="checkbox"/> Twine Tuesdays</p> <p><input type="checkbox"/></p>	<p>21</p> <p><input type="checkbox"/> Today is World Gratitude Day! Write down 5 things you are grateful for.</p> <p><input type="checkbox"/> Roll a dice, the number you get is how many burpees you need to do. Do this for 5 rounds.</p>
<p>22</p> <p><input type="checkbox"/> Take a warm bubble bath! This will help you relax and prepare your body for rest.</p> <p><input type="checkbox"/> Work out your thighs with this video.</p>	<p>23</p> <p><input type="checkbox"/> Document your day! Take pictures of things you want to remember about today!</p> <p><input type="checkbox"/> Have fun with this short dance workout!</p>	<p>24</p> <p><input type="checkbox"/> Make french toast for breakfast by following this recipe.</p> <p><input type="checkbox"/> Work on your balance and strengthening your muscles with Pilates!</p>	<p>25</p> <p><input type="checkbox"/> Taking care of household chores is an important part of routine. Make time to do laundry today!</p> <p><input type="checkbox"/> Try out this workout game with Special Olympics!</p>	<p>26</p> <p><input type="checkbox"/> Learn something new! Spend 20 minutes researching a topic that interests you.</p> <p><input type="checkbox"/> Start your day with this HIIT routine</p>	<p>27</p> <p><input type="checkbox"/> Twine Tuesdays</p> <p><input type="checkbox"/></p>	<p>28</p> <p><input type="checkbox"/> Grab a deck of cards and play a card game of your choice with a friend or family member.</p> <p><input type="checkbox"/> Get moving today with this family kickboxing workout!</p>
<p>29</p> <p><input type="checkbox"/> Read a comic or graphic novel!</p> <p><input type="checkbox"/> Challenge a family member to see who can do the most push ups in 3 minutes.</p>	<p>30</p> <p><input type="checkbox"/> Reflect back on the goals you set at the beginning of the month. Did you meet these goals?</p> <p><input type="checkbox"/> Have fun moving your arms with this dance workout.</p>	<p>Click on the ● for each day's Workout of the Day!</p>				



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