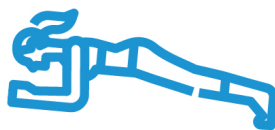


# APRIL WELLNESS CHALLENGE

<p>1</p> <p><input type="checkbox"/> It's April Fool's Day! Tell your friends and family a funny <b>joke</b>.</p> <p><input type="checkbox"/> Visit the <b>Reveal Your Champion</b> site to help you set your fitness goals for the month!</p>	<p>2</p> <p><input type="checkbox"/> Make sure you are staying hydrated by drinking at least 8 cups of water! Log your water intake on <b>MyPAHL!</b></p> <p><input type="checkbox"/> Here's an <b>arm workout</b> that you can follow along with!</p>	<p>3</p> <p><input type="checkbox"/> Checkout this recipe for <b>broccoli Mac and Cheese!</b></p> <p><input type="checkbox"/> Change up your workouts with this <b>tabata workout!</b></p>	<p>4</p> <p><input type="checkbox"/> It's Easter Sunday! Here is a recipe for <b>no-bake egg fruit tarts!</b></p> <p><input type="checkbox"/> Here is a <b>30 minute walking exercise!</b></p>	<p>5</p> <p><input type="checkbox"/> Try out this great <b>meditation video</b> hosted by Marissa!</p> <p><input type="checkbox"/> See how many push ups you can do consecutively and challenge a friend to see if they can beat your record!</p>	<p>6</p> <p><input type="checkbox"/> Cook some fresh corn cakes with this easy <b>recipe!</b></p> <p><input type="checkbox"/> Work your legs with this <b>workout!</b></p>	<p>7</p> <p><input type="checkbox"/> It's World Health Day! Make sure to have a healthy diet, exercise and get enough sleep! You can use <b>MyPAHL</b> to keep track!</p> <p><input type="checkbox"/> Make sure to <b>warm up</b> before doing an intense workout!</p>
<p>8</p> <p><input type="checkbox"/> Make sure you are brushing your teeth at least 2 times a day for 2 minutes!</p> <p><input type="checkbox"/> Check <b>Reveal Your Champion</b> for a new week of fitness programs and goal setting.</p>	<p>9</p> <p><input type="checkbox"/> Connect with your friends through text/phone/video chat! Ask them how their week went!</p> <p><input type="checkbox"/> Improve your balance with this <b>15 minute workout!</b></p>	<p>10</p> <p><input type="checkbox"/> It's National Sibling Day! Tell your sibling how much they mean to you!</p> <p><input type="checkbox"/> Challenge yourself to see how many burpees you can do in a minute. Share your record with us on social media! #SOHealthyAtHome</p>	<p>11</p> <p><input type="checkbox"/> Connect with nature by going on a walk around your neighbourhood or at the park today! Log your steps on <b>MyPAHL</b>.</p> <p><input type="checkbox"/> Try to see if you can do mountain climbers for a full minute! Challenge a friend and see if they can do the challenge too!</p>	<p>12</p> <p><input type="checkbox"/> Call a friend today and ask them how they are doing! Be sure to express how you are feeling too!</p> <p><input type="checkbox"/> After an intense workout, make sure to <b>cool down and stretch!</b></p>	<p>13</p> <p><input type="checkbox"/> April is the best month to start planting vegetables! Plant some plants and start your garden!</p> <p><input type="checkbox"/> Work your back muscles with this quick <b>workout video!</b></p>	<p>14</p> <p><input type="checkbox"/> Try to get at least 7 hours of sleep! Avoid using screens 30 minutes before going to bed! Log your sleep on <b>MyPAHL!</b></p> <p><input type="checkbox"/> Create your own workout circuit using your favourite exercises! Here is an <b>example</b> of exercises that you can use!</p>
<p>15</p> <p><input type="checkbox"/> Today is National High Five day! Give your friends and family members a high five! (Virtually if they don't live with you).</p> <p><input type="checkbox"/> Visit the <b>Reveal Your Champion</b> site to start your week strong! How close are you to achieving your goals?</p>	<p>16</p> <p><input type="checkbox"/> It's World Book Day! Celebrate today by reading a book. Share with us on social media what your favourite book is!</p> <p><input type="checkbox"/> Strengthen your core muscles with this <b>10-minute workout!</b></p>	<p>17</p> <p><input type="checkbox"/> End the week by writing down 3 things that you are thankful for!</p> <p><input type="checkbox"/> Follow along with actress Nina Dobrev in this <b>30-minute cardio workout!</b></p>	<p>18</p> <p><input type="checkbox"/> Listen to your favourite song to boost your mood! Log how you are feeling on <b>MyPAHL</b> for 25 points.</p> <p><input type="checkbox"/> Here is a <b>home yoga workout</b> that you can do!</p>	<p>19</p> <p><input type="checkbox"/> Work your brain with some fun brain puzzles! Here is a <b>website</b> that has lots of different word searches!</p> <p><input type="checkbox"/> Do the <b>alphabet workout!</b> You can even try spelling out your name.</p>	<p>20</p> <p><input type="checkbox"/> Take 5 minutes of your day to meditate and relax your mind. Here is a <b>video</b> for a guided meditation.</p> <p><input type="checkbox"/> Improve your posture by following along with this <b>video!</b></p>	<p>21</p> <p><input type="checkbox"/> Do something nice for a family member or a friend! Show them that you love and care for them.</p> <p><input type="checkbox"/> How many alternating jumping lunges you can do for 1 minute? Share your record with us on social media!</p>
<p>22</p> <p><input type="checkbox"/> Celebrate Earth Day by spending time outside, planting something or going on a walk! Even using a reusable water bottle can help save the Earth!</p> <p><input type="checkbox"/> How close are you to achieving your <b>Reveal Your Champion</b> goals? Check back in today!</p>	<p>23</p> <p><input type="checkbox"/> Connect with your friends through text/phone/video chat! Ask them how their week went! Record your mood on <b>MyPAHL!</b></p> <p><input type="checkbox"/> Follow along with this <b>40 minute HIIT workout!</b></p>	<p>24</p> <p><input type="checkbox"/> Spring is here again! Clean your room or your workspace to declutter and improve mental health and start the season fresh!</p> <p><input type="checkbox"/> Challenge yourself with this <b>minute-to-win-it cardio challenge!</b> Share your score with us on social media!</p>	<p>25</p> <p><input type="checkbox"/> Don't forget to eat breakfast as it is the most important meal of the day! Make sure not to skip meals.</p> <p><input type="checkbox"/> Improve your flexibility and mobility with this <b>20 minute workout!</b></p>	<p>26</p> <p><input type="checkbox"/> Spend a day "unplugged" from technology! Take a break from being constantly in front of a screen.</p> <p><input type="checkbox"/> Do you love Disney? Try out this fun-filled body <b>workout!</b></p>	<p>27</p> <p><input type="checkbox"/> Laughter is a great stress reliever! Watch a funny video or tell a funny story! We love this <b>video</b>.</p> <p><input type="checkbox"/> Jump rope challenge! See how long you can jump rope for. Alternate exercise: High Knees!</p>	<p>28</p> <p><input type="checkbox"/> Check out this recipe for <b>zucchini sushi rolls!</b></p> <p><input type="checkbox"/> Work out your legs with this <b>30 minute workout!</b></p>
<p>29</p> <p><input type="checkbox"/> It is International Dance Day! Play your favourite songs and show off your moves!</p> <p><input type="checkbox"/> It's the last week of <b>Reveal Your Champion</b>. Complete the last week of exercises to reach your goals this month.</p>	<p>30</p> <p><input type="checkbox"/> End the month by writing down 3 things that you are thankful for!</p> <p><input type="checkbox"/> Here is an intense <b>10 minute ab workout!</b></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**