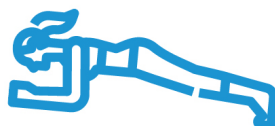


# JULY WELLNESS CHALLENGE

<p><b>1</b></p> <p><input type="checkbox"/> Today is International Joke Day! Tell your family and friends your best jokes!</p> <p><input type="checkbox"/> Try this great <a href="#">Fit 5 workout!</a></p>	<p><b>2</b></p> <p><input type="checkbox"/> Start the month with positivity! Write or draw your answers on this <a href="#">worksheet</a></p> <p><input type="checkbox"/> Repeat <a href="#">this video</a> 3 times for a great endurance workout!</p>	<p><b>3</b></p> <p><input type="checkbox"/> Remember to stay hydrated and drink at least 8 cups of water today! Log your water intake on <a href="#">MyPAHL</a>.</p> <p><input type="checkbox"/> Challenge yourself to all <a href="#">Level 1 Fit 5 videos</a> today!</p>	<p><b>4</b></p> <p><input type="checkbox"/> Try out these <a href="#">gentle stretches</a> to start your morning!</p> <p><input type="checkbox"/> Complete 7 push-ups, 7 squats, 7 lunges, and 7 jumping jacks. Repeat this as many times as you can for 7 minutes!</p>	<p><b>5</b></p> <p><input type="checkbox"/> Complete a meditation today! Sit in a quiet room and think of your happy place for 10 minutes!</p> <p><input type="checkbox"/> Visit the <a href="#">Reveal Your Champion</a> site to help you continue reaching your fitness goals for the month!</p>	<p><b>6</b></p> <p><input type="checkbox"/> Put on your favourite song and dance until it's over- let loose and have fun!</p> <p><input type="checkbox"/> Enjoy this fun <a href="#">10 minute workout game!</a></p>	<p><b>7</b></p> <p><input type="checkbox"/> An affirmation is a positive statement about yourself. Follow <a href="#">this website</a> to recite affirmations!</p> <p><input type="checkbox"/> Challenge yourself to all <a href="#">Level 2 Fit 5 videos</a> today!</p>
<p><b>8</b></p> <p><input type="checkbox"/> Set time aside today to clean your room! A clean room will increase productivity and improve your sleep!</p> <p><input type="checkbox"/> Do 20 russian twists, 20 lunges, and a 30 second plank.... 3 times!</p>	<p><b>9</b></p> <p><input type="checkbox"/> Are you going out today? If you are able to, build a habit of taking the stairs instead of using an elevator or escalator!</p> <p><input type="checkbox"/> Have fun following this great <a href="#">Fit 5 workout!</a></p>	<p><b>10</b></p> <p><input type="checkbox"/> Connect with nature by going on a 20 minute walk today! What do you see? What do you hear? Log your steps on <a href="#">MyPAHL</a>.</p> <p><input type="checkbox"/> Do as many push-ups as you can in the morning, in the afternoon, and again at night!</p>	<p><b>11</b></p> <p><input type="checkbox"/> Follow Doctor Jo in a <a href="#">relaxing stretch!</a> This will help reduce stress and anxiety!</p> <p><input type="checkbox"/> Do 15 jumping jacks, 10 high knees, and 10 sit-ups - 3 times!</p>	<p><b>12</b></p> <p><input type="checkbox"/> Get in a comfortable position, relax your muscles and listen to <a href="#">this music</a> for 5-10 minutes!</p> <p><input type="checkbox"/> Check the <a href="#">Reveal Your Champion</a> site for new fitness programs and goals!</p>	<p><b>13</b></p> <p><input type="checkbox"/> Journaling allows you to set goals and keeps your thoughts organized. Follow <a href="#">this link</a> to start today's journal!</p> <p><input type="checkbox"/> Challenge yourself to hold plank for one minute. Want more? Try side plank!</p>	<p><b>14</b></p> <p><input type="checkbox"/> Start your day off right by making your bed! This will lead to a more productive day! Log your sleep on <a href="#">MyPAHL</a>.</p> <p><input type="checkbox"/> Enjoy this great <a href="#">morning exercise!</a></p>
<p><b>15</b></p> <p><input type="checkbox"/> Eat healthy today by making any of these <a href="#">easy snacks!</a></p> <p><input type="checkbox"/> Have a wall-sit competition with a friend or family member... who can hold it the longest?!</p>	<p><b>16</b></p> <p><input type="checkbox"/> Oral hygiene is extremely important! Remember to brush your teeth in the morning and at night!</p> <p><input type="checkbox"/> Treat your body to this <a href="#">active recovery workout!</a></p>	<p><b>17</b></p> <p><input type="checkbox"/> Relax your mind by colouring any of these <a href="#">colouring pages!</a></p> <p><input type="checkbox"/> Challenge yourself to all <a href="#">Level 3 Fit 5 videos</a> today!</p>	<p><b>18</b></p> <p><input type="checkbox"/> It is important to get 7-9 hours of sleep every night! Learn more healthy sleeping tips <a href="#">here!</a></p> <p><input type="checkbox"/> Follow along with Doctor Jo with this <a href="#">full body stretch routine!</a></p>	<p><b>19</b></p> <p><input type="checkbox"/> Give someone a compliment today! How does it make you feel? Log your mood on <a href="#">MyPAHL</a>.</p> <p><input type="checkbox"/> Visit the <a href="#">Reveal Your Champion</a> site to help you continue reaching your fitness goals for the month!</p>	<p><b>20</b></p> <p><input type="checkbox"/> Remember to <a href="#">wash your hands</a> today and every day! This will help keep you healthy!</p> <p><input type="checkbox"/> Do 10 mountain climbers, 10 lunges, and 10 crunches - 3 times!</p>	<p><b>21</b></p> <p><input type="checkbox"/> Write down three things you are grateful for! Pick at least 5 things.</p> <p><input type="checkbox"/> Check out this <a href="#">20 minute cardio workout!</a></p>
<p><b>22</b></p> <p><input type="checkbox"/> Mindful eating is very important to keep your body healthy! Eat slowly with someone and notice all the scents and flavours!</p> <p><input type="checkbox"/> Challenge yourself for a run or fast jog around your neighbourhood today!</p>	<p><b>23</b></p> <p><input type="checkbox"/> Take a bath today! Baths can reduce stress and anxiety, and relieve muscle pain!</p> <p><input type="checkbox"/> Challenge yourself to all <a href="#">Level 4 Fit 5 videos</a> today!</p>	<p><b>24</b></p> <p><input type="checkbox"/> Grab a chair to sit outside and watch the sunset tonight!</p> <p><input type="checkbox"/> Enjoy this <a href="#">low impact, low intensity workout!</a></p>	<p><b>25</b></p> <p><input type="checkbox"/> Read for 10 minutes today from your favourite book, magazine, or newspaper!</p> <p><input type="checkbox"/> Follow this <a href="#">warm up cardio workout!</a></p>	<p><b>26</b></p> <p><input type="checkbox"/> Complete any of <a href="#">these exercises</a> to keep your mind healthy and strong!</p> <p><input type="checkbox"/> You have almost reached the end of the month! Visit the <a href="#">Reveal Your Champion</a> site to see how close you are to achieving your goals!</p>	<p><b>27</b></p> <p><input type="checkbox"/> Avoid using your phone, tablet, or tv one hour before bed tonight to better your sleep!</p> <p><input type="checkbox"/> Tone your arms and abs with this <a href="#">30-minute workout!</a></p>	<p><b>28</b></p> <p><input type="checkbox"/> Learn what you can do when you are <a href="#">feeling stressed!</a></p> <p><input type="checkbox"/> Challenge yourself to all <a href="#">Level 5 Fit 5 videos</a> today!</p>
<p><b>29</b></p> <p><input type="checkbox"/> Yoga is great for both the mind and body! Join Adriene in this <a href="#">20 minute beginner class!</a></p> <p><input type="checkbox"/> Go on a brisk walk/run around your neighbourhood or local park for 30-45 minutes!</p>	<p><b>30</b></p> <p><input type="checkbox"/> Today is International Friendship Day! Stay connected and give your friends a call!</p> <p><input type="checkbox"/> Have a dance party while following this <a href="#">Latin dance workout!</a></p>	<p><b>31</b></p> <p><input type="checkbox"/> Complete an act of kindness today! This can be buying a friend a coffee or helping someone with their chores!</p> <p><input type="checkbox"/> You have reached the end of the month! End off strong by doing two <a href="#">burpees</a> for every hour of the day!</p>	<p>Click on the ● for each day's Workout of the Day!</p>			



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