

AUGUST WELLNESS CHALLENGE

<p>1</p> <ul style="list-style-type: none"> What are your goals for this week? Write them out and check them each day to see if you are on track! Do as many push-ups as you can in 30 seconds. Repeat this 3 times. 	<p>2</p> <ul style="list-style-type: none"> Spend some time outside today! Go on a 20 minute walk or bike ride. Log your walk on MyPAHL for 25 points. Visit the Reveal Your Champion website to complete your fitness challenge for the day !! 	<p>3</p> <ul style="list-style-type: none"> Try out one of the activities listed here, one of them could be your new hobby. Start your day with this 10 minute warm-up routine! 	<p>4</p> <ul style="list-style-type: none"> Sleep, Sleep, Sleep!! Aim for a full 8 hours of sleep tonight. Log your sleep on MyPAHL for 25 points! Work on your endurance and go on a 20 minute jog today! 	<p>5</p> <ul style="list-style-type: none"> Whether you're going to work or at home, prepare and pack a healthy lunch for tomorrow! Sit and get fit with Donovan Green during this chair workout routine! 	<p>6</p> <ul style="list-style-type: none"> HAPPY FRIDAY! Take a break and re-watch your favourite movie today. Try out this lower body stretching routine ! 	<p>7</p> <ul style="list-style-type: none"> Start your morning with positivity! Repeat these affirmations 3 times each: 1. I am enough 2. I am capable 3. I am deserving Work on your burpee form with Jana Webb today!
<p>8</p> <ul style="list-style-type: none"> Find your inner artist today! Spend some time colouring, painting, or drawing. Do some cardio and jump rope for 10 minutes today ! 	<p>9</p> <ul style="list-style-type: none"> Create a dance routine to your favourite song today! Visit the Reveal Your Champion website to complete your fitness challenge for the day !! 	<p>10</p> <ul style="list-style-type: none"> Think of someone that has helped you in some way and write them a letter. Do 20 crunches, 20 jumping jacks, and a 30 second wall sit. Repeat this 3 times. 	<p>11</p> <ul style="list-style-type: none"> Capture some memories today!! Grab a camera or mobile phone and take some pictures. Ask a friend to pick a number between 1-10. This will be the number of sprints you have to complete. 	<p>12</p> <ul style="list-style-type: none"> Perform a random act of kindness today! How does it make you feel? Record your mood on MyPAHL. Complete these exercises for balance and toning! 	<p>13</p> <ul style="list-style-type: none"> Virtual Vacation!! Pick a country to virtually explore today. Complete the plank challenge with Heather Robertson! 	<p>14</p> <ul style="list-style-type: none"> It's important to know how to de-stress and calm our minds. Try these different relaxation techniques today! Work on your dynamic squat form with Jana Webb today!
<p>15</p> <ul style="list-style-type: none"> Create a visual timeline of your life. For every year, take a page and draw or write about a memorable moment. Complete this HIIT pilates workout with Heather Robertson today! 	<p>16</p> <ul style="list-style-type: none"> Meditation Monday! Click here to complete this 20 minute guided meditation session. Visit the Reveal Your Champion website to complete your fitness challenge for the day !! 	<p>17</p> <ul style="list-style-type: none"> Let's loosen up those limbs and do some yoga today! Click here to follow along. Complete Level 3 of the Fit 5 videos today! 	<p>18</p> <ul style="list-style-type: none"> Discover your inner scientist! Click here to try this really cool experiment. Click here to complete the Jumanji Fitness Challenge game today !! 	<p>19</p> <ul style="list-style-type: none"> Skin care is self care! Apply the 60 second rule while washing your face today. Click here to learn more. Click here to try the Toilet Paper Roll Balancing Challenge with Jakob Gyrging! 	<p>20</p> <ul style="list-style-type: none"> Personalize your personal space today! Make or buy something to decorate your space. Focus on your core with this 25 minute workout! 	<p>21</p> <ul style="list-style-type: none"> Click here to try this healthy banana bread recipe! Complete this 20 minute Arm Toning workout !
<p>22</p> <ul style="list-style-type: none"> Call a friend and express your appreciation today! Complete this toned thigh workout today! 	<p>23</p> <ul style="list-style-type: none"> Get outside for a walk today. Aim for 30 minutes or more and record your steps on MyPAHL. Visit the Reveal Your Champion website to complete your fitness challenge for the day !! 	<p>24</p> <ul style="list-style-type: none"> Today is International Strange Music Day!! Listen to a new genre of music today. Call a friend or two and play an outdoor activity of your choice! 	<p>25</p> <ul style="list-style-type: none"> Early bird gets the worm! Start your day 30 minutes earlier and try to be productive with the extra time. Perform heel taps for 30 seconds, 20 sit-ups, and 10 push-ups. Repeat this 3 times. 	<p>26</p> <ul style="list-style-type: none"> Being mindful about our finances can help us plan for the future. Create a budget for your spending today! Grab a chair and test out your balance and leg strength with Jakob Gyrging! 	<p>27</p> <ul style="list-style-type: none"> Tea has many different health benefits. Start your morning with a cup of tea today! Record how you feel on MyPAHL. Complete Level 4 of the Fit 5 videos today! 	<p>28</p> <ul style="list-style-type: none"> Staying informed can help us feel connected to the world around us. Read a newspaper today and pick your favourite story. Click here to complete the Fat Burning Cardio workout!
<p>29</p> <ul style="list-style-type: none"> Unplug today!! Take a break from your screens and live in the moment. Complete the 100 Rep Squat Challenge! 	<p>30</p> <ul style="list-style-type: none"> Mindful Eating Alert! Make sure you have one serving of fruit and vegetables today. Visit the Reveal Your Champion website to complete your fitness challenge for the day !! 	<p>31</p> <ul style="list-style-type: none"> Spend 20 minutes reading the book, article, or magazine of your choice ! Complete Level 5 of the Fit 5 videos today! 	<p>Click on the ● for each day's Workout of the Day!</p>			



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