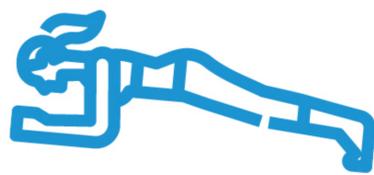


# SEPTEMBER WELLNESS CHALLENGE

<p><b>1</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have you created a MyPAHL account yet? Follow <a href="#">this link</a> to track your health and get rewards for staying healthy!</li> <li><input type="checkbox"/> Follow this great <a href="#">Active Start and Fundamentals Workout</a></li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Try this new <a href="#">Creamy Apple Cinnamon Oat Shake Recipe!</a></li> <li><input type="checkbox"/> Challenge yourself to all <a href="#">Level 1 Fit 5 Workouts</a> today!</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Call three people and tell them one fun memory you have of them!</li> <li><input type="checkbox"/> Challenge someone to a wall sit competition! Who can hold it the longest?</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Challenge yourself to a 30 minute walk, jog, or run around your neighbourhood today! Log your steps on <a href="#">MyPAHL</a>.</li> <li><input type="checkbox"/> Enjoy this great <a href="#">Low Impact Workout!</a></li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> It is important to keep your ears healthy! Here are some <a href="#">healthy tips</a> on how to protect your hearing!</li> <li><input type="checkbox"/> Get your cardio in today with this <a href="#">awesome workout!</a></li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start your week by restoring your body with this <a href="#">yoga session!</a></li> <li><input type="checkbox"/> Visit the <a href="#">Reveal Your Champion</a> site to help you continue reaching your fitness goals for the month!</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid screens 1 hour before <a href="#">bed tonight</a> to better your sleep! Try reading or meditating instead!</li> <li><input type="checkbox"/> Enjoy this great <a href="#">Fat Burning Workout!</a></li> </ul>	
<p><b>8</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write a letter to your future self! Tell them about your life and what you are grateful for!</li> <li><input type="checkbox"/> Follow this great <a href="#">HIIT Workout!</a></li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have a healthy lunch with this <a href="#">Chicken, Peach, and Arugula Flatbread Recipe!</a></li> <li><input type="checkbox"/> Challenge yourself to all <a href="#">Level 2 Fit 5 Workouts</a> today!</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Put on your favourite music and have your own dance party! Track how you feel on <a href="#">MyPAHL</a>.</li> <li><input type="checkbox"/> Follow along to this <a href="#">Full Body HIIT Workout!</a></li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Practice <a href="#">mindfulness</a> today to help you connect with your senses.</li> <li><input type="checkbox"/> Challenge yourself to 10 squats, 10 lunges, and 10 push ups - do this 3 times!</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Oral health is extremely important! Remember to brush your teeth 2 times a day and floss!</li> <li><input type="checkbox"/> Do 15 jumping jacks, 10 squats, and 10 sit-ups - do this 3 times!</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write down three goals you have for this week and what you need to do to reach them!</li> <li><input type="checkbox"/> Check the <a href="#">Reveal Your Champion</a> site for new fitness programs and goals!</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find a quiet space and read your favourite book, newspaper, or magazine for 15 minutes.</li> <li><input type="checkbox"/> Follow this <a href="#">Full Body Yoga Stretch!</a></li> </ul>	
<p><b>15</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Follow this <a href="#">Health Check</a> to see how you are feeling mentally and physically!</li> <li><input type="checkbox"/> Follow this <a href="#">Cardio Workout</a> to help reach your fitness goals!</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make this delicious <a href="#">No Bake Coconut Energy Balls</a> for a snack today!</li> <li><input type="checkbox"/> Challenge yourself to all <a href="#">Level 3 Fit 5 Workouts</a> today!</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Grab your favourite snack and watch your favourite show or movie!</li> <li><input type="checkbox"/> Get your legs ready for the <a href="#">Walking Workout!</a></li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stay connected by giving someone you haven't talked to in a while a call!</li> <li><input type="checkbox"/> Enjoy this fun <a href="#">15 min Cardio/Resistance Workout!</a></li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Today is the Terry Fox Run. Grab a friend or family member and go for a jog or run!</li> <li><input type="checkbox"/> Recharge your body with this <a href="#">Beginner Yoga Stretch!</a></li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> List and reflect on 5 things you are grateful for! record your mood on <a href="#">MyPAHL</a>.</li> <li><input type="checkbox"/> Visit the <a href="#">Reveal Your Champion</a> site to help you continue reaching your fitness goals for the month!</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remember to get up once every hour to move your body!</li> <li><input type="checkbox"/> Enjoy this fun <a href="#">10 minute Workout Game!</a></li> </ul>	
<p><b>22</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Perform an act of kindness today! Buy a friend a coffee or make someone your favourite snack!</li> <li><input type="checkbox"/> Relax your muscles by following this <a href="#">Yoga Session!</a></li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make your salads more fun using this <a href="#">Greek Orzo Salad Recipe!</a></li> <li><input type="checkbox"/> Challenge yourself to all <a href="#">Level 4 Fit 5 Workouts</a> today!</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Today is your day! Do something that makes you happy!</li> <li><input type="checkbox"/> Have an awesome Friday with this <a href="#">Hip-Hop Class!</a></li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Go on a nature walk at your nearest park! Do you see any leaves changing colours? Log your steps on <a href="#">MyPAHL</a>.</li> <li><input type="checkbox"/> Join Adriene in this 20 minute <a href="#">Beginner Yoga Class!</a></li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Keep your thoughts organized by following this <a href="#">journal resource!</a></li> <li><input type="checkbox"/> Ask someone to join you and do 7 burpees, 20 russian twists, and 15 jumping jacks - 3 times!</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remember to drink at least 8 cups of water today and every day! Log your water on <a href="#">MyPAHL</a>.</li> <li><input type="checkbox"/> Check the <a href="#">Reveal Your Champion</a> site for new fitness programs and goals!</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get some fresh air by spending time outside! Don't forget to put on sunscreen (even if it isn't sunny)!</li> <li><input type="checkbox"/> Start your morning with this <a href="#">Yoga Flow video!</a></li> </ul>	
<p><b>29</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write down 5 great things you did this month and 5 things you want to do next month!</li> <li><input type="checkbox"/> Complete as many push ups as you can in the morning and as many squats you can do in the afternoon!</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You completed an amazing month! Treat yourself to <a href="#">Cheesecake Stuffed Strawberries</a> for dessert!</li> <li><input type="checkbox"/> Challenge yourself to all <a href="#">Level 5 Fit 5 Workouts</a> today!</li> </ul>	<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](http://SOHealthyAtHome.ca)



Share how YOU are staying healthy! #SOHealthyAtHome



**Healthy @ Home**