

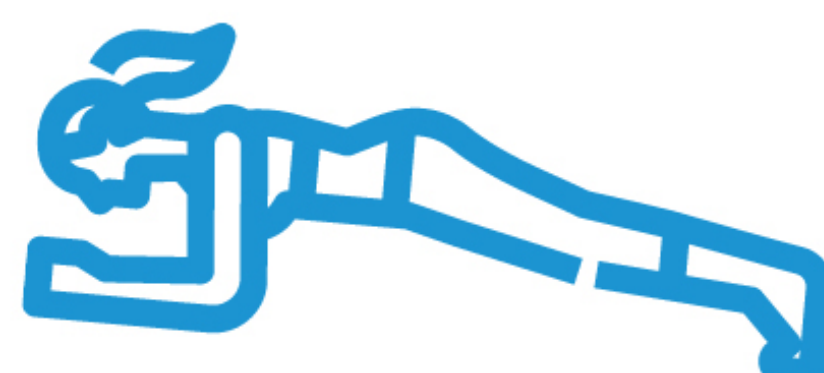
OCTOBER WELLNESS CHALLENGE

<p>1</p> <p><input type="checkbox"/> Today is National Homemade Cookie Day!! Click here to try out this recipe.</p> <p><input type="checkbox"/> Complete 20 jumping jacks, 10 push-ups, and a 30 second plank. Repeat this 3 times.</p>	<p>2</p> <p><input type="checkbox"/> Be present and practice mindful handwashing today!!</p> <p><input type="checkbox"/> Complete this 20 minute jump rope HIIT workout today!!</p>	<p>3</p> <p><input type="checkbox"/> Practice attentive and mindful listening while speaking to friend or family member today!</p> <p><input type="checkbox"/> Complete Level 1 of the Fit 5 videos today!!</p>	<p>4</p> <p><input type="checkbox"/> Start a gratitude journal and use it to reflect and express your gratitude today!</p> <p><input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day !</p>	<p>5</p> <p><input type="checkbox"/> Create a new playlist and have a dance party today!</p> <p><input type="checkbox"/> Click here to complete this upper body workout with today!!</p>	<p>6</p> <p><input type="checkbox"/> Follow along with this body scan routine to relieve some tension!!</p> <p><input type="checkbox"/> Working on your flexibility can help prevent injuries. Complete these flexibility exercises today!!</p>	<p>7</p> <p><input type="checkbox"/> Work on your balance with these yoga poses today!!</p> <p><input type="checkbox"/> Challenge a friend or family member to see who can hold a wall sit the longest !.</p>
<p>8</p> <p><input type="checkbox"/> Practice self-compassion today and complete one of the following exercises!</p> <p><input type="checkbox"/> A strong core helps you keep your balance. Complete this 20 minute core workout today!</p>	<p>9</p> <p><input type="checkbox"/> Create a name poem today. For every letter of your name, pick a word that describes you.</p> <p><input type="checkbox"/> No equipment? No problem! Complete this steps workout today.</p>	<p>10</p> <p><input type="checkbox"/> Today is World Mental Health Day! Reflect and focus on your mental and emotional well-being today.</p> <p><input type="checkbox"/> Click here to complete the Name Challenge Workout! Perform an exercise for every letter in your name.</p>	<p>11</p> <p><input type="checkbox"/> Your words and experience matters. Create your own inspirational quote today !</p> <p><input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day !!</p>	<p>12</p> <p><input type="checkbox"/> Pick 5 prompts from this list and journal today!</p> <p><input type="checkbox"/> Complete Level 2 of Fit 5 videos today!!</p>	<p>13</p> <p><input type="checkbox"/> Treat yourself to something nice today ! It could be anything from an ice-cream cone to a new pair of socks.</p> <p><input type="checkbox"/> Complete this bedtime yoga routine before going to bed tonight!</p>	<p>14</p> <p><input type="checkbox"/> Watch this animated video about the benefits of good posture today !</p> <p><input type="checkbox"/> Master your push-up technique with FitnessFaqs today!!</p>
<p>15</p> <p><input type="checkbox"/> Read the book or article of your choice to a family member or friend for 10-15 minutes today!</p> <p><input type="checkbox"/> Complete this gymnastics workout for beginners today!</p>	<p>16</p> <p><input type="checkbox"/> Have a speed WALKING race today with a family member or friend!</p> <p><input type="checkbox"/> Grab an egg, a spoon, and a friend and have a race. Try your best not to drop your egg !!</p>	<p>17</p> <p><input type="checkbox"/> While blindfolded have a family member or friend present you with 5 different snacks. Using your senses identify the snack!</p> <p><input type="checkbox"/> With your family or some friends play Deck of Fitness today!!</p>	<p>18</p> <p><input type="checkbox"/> Public speaking is an important skill to have. Watch this video for some tips and then practice!</p> <p><input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day !!</p>	<p>19</p> <p><input type="checkbox"/> Go for a 5km jog or walk today!!</p> <p><input type="checkbox"/> Click here to complete this Just Dance Style Workout!!</p>	<p>20</p> <p><input type="checkbox"/> Create a sleep hygiene routine and do it before bed tonight. Click here to learn about sleep hygiene!</p> <p><input type="checkbox"/> Choose 3 exercises from the ACE Fit library and complete them today! Repeat each exercise 3 times.</p>	<p>21</p> <p><input type="checkbox"/> Find a quiet space and take a moment to mentally prepare for the day ahead !</p> <p><input type="checkbox"/> Complete this Latin-inspired Zumba workout today!</p>
<p>22</p> <p><input type="checkbox"/> Have a plank competition with a family member or friend and see who can hold it the longest!</p> <p><input type="checkbox"/> Complete Level 3 of the Fit 5 videos today?</p>	<p>23</p> <p><input type="checkbox"/> Check-in with a friend or family member about their mental health today !</p> <p><input type="checkbox"/> Stand up and follow along with this lower body stretch routine today !!</p>	<p>24</p> <p><input type="checkbox"/> When we are busy, it's easy to let things pile up. Perform a household chore today!</p> <p><input type="checkbox"/> Complete Level 4 of the Fit 5 videos today?</p>	<p>25</p> <p><input type="checkbox"/> Get your baking face on and try this healthy peanut butter banana muffin recipe today!</p> <p><input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day !!</p>	<p>26</p> <p><input type="checkbox"/> Standing up for ourselves is important. Watch this video to learn how to improve upon your self-advocacy skills.</p> <p><input type="checkbox"/> Complete 10 burpees, 10 crabwalks, and 10 sit ups. Repeat this three times !</p>	<p>27</p> <p><input type="checkbox"/> It's time for a mid-week stretch session! Click here to complete this 20 minute yoga flow with Arianna !</p> <p><input type="checkbox"/> Complete this Hip-Hop style workout today!</p>	<p>28</p> <p><input type="checkbox"/> Water Alert! Make sure to drink 8 glasses of water today.</p> <p><input type="checkbox"/> Complete this meditation yoga flow to get you ready for the day ahead!</p>
<p>29</p> <p><input type="checkbox"/> write a short reflection about how you felt this month and what you learned about yourself!</p> <p><input type="checkbox"/> Get your daily dose of cardio in by completing this CrossFit workout today!</p>	<p>30</p> <p><input type="checkbox"/> Short naps can increase your alertness and focus throughout the day. Have a 20 minute cat nap today!</p> <p><input type="checkbox"/> Agility is just as important as strength. Complete this agility workout today!!</p>	<p>31</p> <p><input type="checkbox"/> HAPPY HALLOWEEN! Whether you celebrate or not, use today as an excuse to eat some candy.</p> <p><input type="checkbox"/> Repeat any of this month's past fitness challenges today!!</p>	<p>Click on the ● for each day's Workout of the Day!</p>			



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