

NOVEMBER WELLNESS CHALLENGE

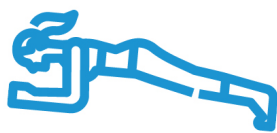
<p>1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy November! Set fitness and wellness goals to achieve this month! Check out this page for info on setting SMART goals <input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day! 	<p>2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Put on your favourite song, and dance along until it's over! Let loose, and have fun! <input type="checkbox"/> Complete Level 1 of the Fit 5 videos today! 	<p>3</p> <ul style="list-style-type: none"> <input type="checkbox"/> It's national Stress Awareness Day! Do something to de-stress: like going for a walk or taking a relaxing bath! <input type="checkbox"/> Try out this seated chair workout! 	<p>4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Set aside 10 minutes today for some mindful meditation. Close your eyes, focus on your breathing, and let thoughts pass by! <input type="checkbox"/> Have fun and get moving with this TikTok dance party workout! 	<p>5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in with how you're feeling mentally and physically today with this health check-in. Log your mood on MyPAHL. <input type="checkbox"/> Perform heel taps for 30 seconds, 20 sit-ups, and 10 push-ups. Repeat this 3 times! 	<p>6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try out one of these fun painting tricks and get creative! <input type="checkbox"/> Enjoy nature while staying active! Go on a walk outdoors for at least 30 minutes today. 	<p>7</p> <ul style="list-style-type: none"> <input type="checkbox"/> It's important to relax and disconnect every once in a while. Log off of social media today and limit your TV to one hour! <input type="checkbox"/> Complete this full body stretching routine for flexibility and mobility.
<p>8</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meatless Monday! Try out this recipe for chickpea burgers tonight! <input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day! 	<p>9</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercise your brain! Do a puzzle or try a word search from this website <input type="checkbox"/> Challenge a friend to a wall sit competition, or try out this wall sit challenge! 	<p>10</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call a friend or loved one and check-in with them today. Ask them how they are feeling, and share how you are feeling too! <input type="checkbox"/> Do 15 jumping jacks, 10 crunches, and a 30-second plank. Repeat this 3 times! 	<p>11</p> <ul style="list-style-type: none"> <input type="checkbox"/> Laughter is the best medicine! Watch a funny video or read a funny story today. We love this video! <input type="checkbox"/> Complete Level 2 of the Fit 5 videos today! 	<p>12</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stress can be felt in our minds and bodies. Try out this mindful body scan meditation to calm anxiety! <input type="checkbox"/> Challenge yourself to this 5-minute arm challenge and try not to drop your arms down! 	<p>13</p> <ul style="list-style-type: none"> <input type="checkbox"/> Today is World Kindness Day! Engage in acts of kindness today (small or big), and notice how good it makes you feel! <input type="checkbox"/> Have some fun and let loose with this 15-minute cardio dance workout! 	<p>14</p> <ul style="list-style-type: none"> <input type="checkbox"/> Getting 7-9 hours of sleep every night is important for a healthy mind and body! Learn some more healthy sleeping tips from SO! <input type="checkbox"/> Finish off your week with this gentle yoga flow
<p>15</p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy Monday! Wake up 30 minutes earlier today! Log your sleep on MyPAHL for 25 points! <input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day! 	<p>16</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a fruit salad today with all of your favourite fruits! Log fruit and veggies on MyPAHL for 25 points! <input type="checkbox"/> Complete Level 3 of the Fit 5 videos today! 	<p>17</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go outside tonight and watch the sunset. How do you feel after sitting and watching the nature around you? <input type="checkbox"/> Challenge a friend to a burpee competition and see who can do the most! Check out this video for proper burpee form 	<p>18</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start your day off by making your bed and cleaning up any mess in your room. This will lead to a clearer mind and more productive day! <input type="checkbox"/> Complete the alphabet workout! Can you spell out your first name? Your whole name? 	<p>19</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oral health is very important! Make sure to brush your teeth and floss 2 times every day! <input type="checkbox"/> Complete 15 jumping jacks, 10 burpees, and 15 crunches ... 3 times! 	<p>20</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read a book or article of your choice to a family member or friend for 15-20 minutes today! <input type="checkbox"/> Try out this yoga to release tension in your hips and lower back! 	<p>21</p> <ul style="list-style-type: none"> <input type="checkbox"/> Track how many glasses of water you drink on MyPAHL! Your goal should be 8! <input type="checkbox"/> Complete Level 4 of the Fit 5 videos today!
<p>22</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enjoy eating healthy today by trying out any of these nutritious snacks! <input type="checkbox"/> Visit the Reveal Your Champion website to complete your fitness challenge for the day! 	<p>23</p> <ul style="list-style-type: none"> <input type="checkbox"/> Movement is medicine! Try out this calming yoga practice today. Log your mood afterwards on MyPAHL! <input type="checkbox"/> Have fun and complete this 10-minute family kickboxing workout! 	<p>24</p> <ul style="list-style-type: none"> <input type="checkbox"/> Today, you're a nature photographer! Grab a phone or camera and head outside to take pictures of the outdoors. <input type="checkbox"/> Challenge yourself to this 10-minute arm dancing workout! 	<p>25</p> <ul style="list-style-type: none"> <input type="checkbox"/> Skincare time! Apply this 60-second rule every night when you wash your face. <input type="checkbox"/> Ease into this 15 minute full body stretch for flexibility, mobility, and relaxation! 	<p>26</p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy Friday! Grab your favourite movie and a friend or family member, and have a movie night! <input type="checkbox"/> Call a friend and have them pick a number between 1-10. The number they choose is the number of sprints you must do! 	<p>27</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start your morning with a dose of positivity! Repeat these affirmations 3x each: 1. I am capable 2. I am loved 3. I am deserving of good <input type="checkbox"/> Plank challenge!! Can you complete 5 full minutes? 	<p>28</p> <ul style="list-style-type: none"> <input type="checkbox"/> Understand and keep track of your thoughts by journaling your week! Use this sheet from SO to help. <input type="checkbox"/> Try out this Lava Balance Challenge alone, or compete against a friend!
<p>29</p> <ul style="list-style-type: none"> <input type="checkbox"/> Treat yourself to a yummy dessert today! Try out this banana bread recipe from the SO website <input type="checkbox"/> Complete Level 5 of the Fit 5 videos today! 	<p>30</p> <ul style="list-style-type: none"> <input type="checkbox"/> Finish off the month by practicing gratitude. Write down 5 things you are grateful for! <input type="checkbox"/> You've reached the end of the month! Finish it off with this 15-minute jump rope challenge 					



Click on the ●
for each day's
Workout of the Day!



For more resources and tools to help you stay Healthy @ Home, visit:
[SOHealthyAtHome.ca](#)



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