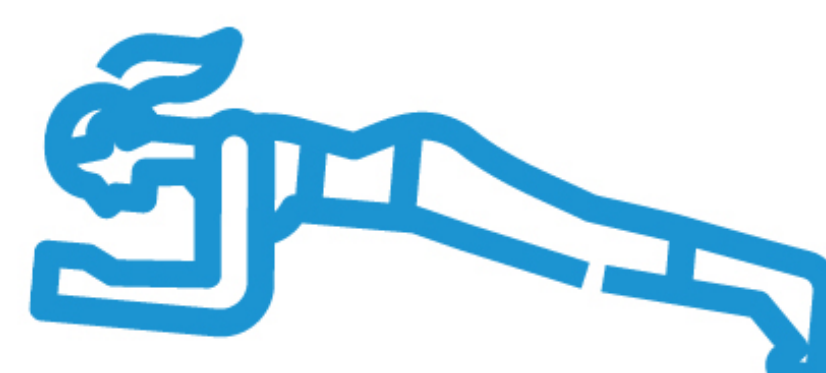


JANUARY WELLNESS CHALLENGE

<p>1</p> <p><input type="checkbox"/> Happy New Year! Take some time to write down three goals you hope to accomplish in 2022.</p> <p><input type="checkbox"/> Kick off this new year by repeating 10 pushups, 10 squats and 20 jumping jacks three times!</p>	<p>2</p> <p><input type="checkbox"/> Express your creativity by completing this winter themed colouring page!</p> <p><input type="checkbox"/> Is one of your fitness goals this year to become stronger? Build strength at home with this no-equipment full body workout!</p>	<p>3</p> <p><input type="checkbox"/> Today is Festival of Sleep Day! Sleep is essential to recharging our minds and bodies. Aim to get at least 8 hours of sleep tonight!</p> <p><input type="checkbox"/> Challenge yourself to do 10 sit-ups in one minute. Try doing this three times.</p>	<p>4</p> <p><input type="checkbox"/> Try any new recipes lately? Attempt to make these banana snowmen for a quick and healthy snack!</p> <p><input type="checkbox"/> Try the Flip a coin workout! Flip a coin to determine the exercise you will perform before moving on to the next round. Complete 3 rounds for a full workout!</p>	<p>5</p> <p><input type="checkbox"/> Give yourself a break and spend at least 30 minutes away from technology today.</p> <p><input type="checkbox"/> Looking for a workout you can do with others? Gather some friends and play 5 rounds of musical chairs. Try to keep the movement going!</p>	<p>6</p> <p><input type="checkbox"/> Have someone that you haven't talked to in a while? Call a family member or friend on the phone for 10 minutes</p> <p><input type="checkbox"/> Complete this dance party for a quick cardio workout!</p>	<p>7</p> <p><input type="checkbox"/> Spend 10 minutes doodling on a piece of paper whatever comes to mind!</p> <p><input type="checkbox"/> Give your muscles a well-deserved break with this stretching routine perfect for active recovery!</p>
<p>8</p> <p><input type="checkbox"/> It can be easy to get distracted during meals. Practice mindful eating by recognizing when you are full and satisfied!</p> <p><input type="checkbox"/> Walk up and down the stairs 10 times today to get your heart rate pumping!</p>	<p>9</p> <p><input type="checkbox"/> Gratitude Check! Take a moment to write down three things that you are grateful for today.</p> <p><input type="checkbox"/> Pick one area of the body and design your own workout with three exercises that target that area.</p>	<p>10</p> <p><input type="checkbox"/> Did you know your body can't tell the difference between a hug from someone else and one you give yourself? Give yourself a hug today!</p> <p><input type="checkbox"/> Challenge a friend to see who can hold a plank the longest!</p>	<p>11</p> <p><input type="checkbox"/> Good food can often lead to a good mood. Treat yourself to your favourite snack or meal today!</p> <p><input type="checkbox"/> Complete 10 bicycle crunches, 10 tricep dips and 10 lunges on each leg. Repeat this for 3 rounds!</p>	<p>12</p> <p><input type="checkbox"/> Take five minutes to declutter and organize the area around you. This can be anything from the desk in your room to your kitchen counter.</p> <p><input type="checkbox"/> Download the JUST DANCE NOW app on your device and dance through two songs with a friend!</p>	<p>13</p> <p><input type="checkbox"/> Create a mantra for yourself (Example: "I am Strong") and repeat it at least three times today!</p> <p><input type="checkbox"/> Maintaining core strength is important for your body's balance and stability. Try out this core workout today!</p>	<p>14</p> <p><input type="checkbox"/> Let loose and enjoy a five minute dance party to a song of your choice!</p> <p><input type="checkbox"/> Take a light 20 minute jog around your neighbourhood for some full body movement!</p>
<p>15</p> <p><input type="checkbox"/> Mid-Month Check-in! Take some time to reflect on how you have been feeling over the last two weeks!</p> <p><input type="checkbox"/> Complete this stretching routine two times upon waking up in the morning.</p>	<p>16</p> <p><input type="checkbox"/> Hungry after the scavenger hunt? Try our favourite hummus recipe .</p> <p><input type="checkbox"/> Let's do a scavenger hunt! Fill-in our walking trail scavenger hunt page, post it and use #SOHealthyAtHome</p>	<p>17</p> <p><input type="checkbox"/> Take the next 5 minutes to do this mindfulness meditation.</p> <p><input type="checkbox"/> Do the wall sit challenge with a friend. Hold the wall sit for as long as you can.</p>	<p>18</p> <p><input type="checkbox"/> With all that walking it is important that you stay hydrated. Let's challenge ourselves to drink 6 cups of water today.</p> <p><input type="checkbox"/> Challenge yourself! Try to get 10,000 steps in today.</p>	<p>19</p> <p><input type="checkbox"/> Sometimes all we need is a clean space where we can relax. Take 10 minutes o clean any cluttered space in your home.</p> <p><input type="checkbox"/> Let's take some time to stretch today. Try this 10 minute yoga routine to start your day.</p>	<p>20</p> <p><input type="checkbox"/> Do you ever get frustrated by the actions of others? Read this article on "The Most Respectful Interpretation" for a new perspective.</p> <p><input type="checkbox"/> Do you like dancing? Try this Zumba dance.</p>	<p>21</p> <p><input type="checkbox"/> Kindness Challenge! Try to complement at least 5 people today.</p> <p><input type="checkbox"/> Challenge yourself to do 15 lunges in 2 minutes, repeat 3 times.</p>
<p>22</p> <p><input type="checkbox"/> By sharing how grateful we are for the people in our lives we can improve our happiness. Watch this video to learn more.</p> <p><input type="checkbox"/> Challenge yourself to do 10 jumping jacks every 2 hours of the day.</p>	<p>23</p> <p><input type="checkbox"/> Did you know that only 1 in 10 adults get enough fruits and veggies. Try to eat at least 2-3 cups of fruits and veggies today.</p> <p><input type="checkbox"/> Try this fun cardio workout to get your heart rate up.</p>	<p>24</p> <p><input type="checkbox"/> Do you have some free time? Want an opportunity to give back? Here is a website where you can find volunteer opportunities.</p> <p><input type="checkbox"/> Do you have a bike at home? Challenge yourself to ride your bike for 20 minutes.</p>	<p>25</p> <p><input type="checkbox"/> Spending time outside relieves stress and boosts mental well-being. Try to spend at least 30 mins outside today.</p> <p><input type="checkbox"/> Do you have 2 tin cans at home? try this fun tin can workout.</p>	<p>26</p> <p><input type="checkbox"/> Go down memory lane with an old object or photo.</p> <p><input type="checkbox"/> How many punches can you do in 60 seconds? Try it and let us know on social media.</p>	<p>27</p> <p><input type="checkbox"/> Pamper yourself today with a relaxing bath or scented candle!</p> <p><input type="checkbox"/> Do you have a deck of cards at home? Try this fun card workout.</p>	<p>28</p> <p><input type="checkbox"/> Learn a new skill! Find a course online that you can participate in from home.</p> <p><input type="checkbox"/> Having a strong core is important. Do this bear crawl workout to engage your core.</p>
<p>29</p> <p><input type="checkbox"/> Turn on your go to happy song and turn it up!</p> <p><input type="checkbox"/> Have you ever wanted to fight like your favourite video game character? Try this fun 5 min boxing workout.</p>	<p>30</p> <p><input type="checkbox"/> Complement a stranger. It could make their entire day!</p> <p><input type="checkbox"/> Balance is important. Try this 2 min balance challenge to see how balance you can be.</p>	<p>31</p> <p><input type="checkbox"/> How are your New Years Resolutions going? Now that you've had a month, today is a great day to re-commit to your goals!</p> <p><input type="checkbox"/> Start next month off with a 30 day challenge.</p>	<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



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