

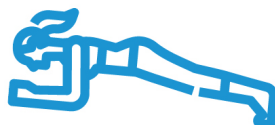
MAY WELLNESS CHALLENGE

<p>1</p> <ul style="list-style-type: none"> <input type="checkbox"/> A new month means new opportunities! Write down 3 realistic goals you'd like to achieve this month <input type="checkbox"/> Complete this short workout: 1-min plank, 20 squats and 20 jumping jacks! 	<p>2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Join us for Mingle Monday at 7pm brought to you by Reveal Your Champion! Click here to Register with RYC to attend. <input type="checkbox"/> Let's see how strong you are! Find a buddy and challenge each other to see who can do the most pushups! 	<p>3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Join us for Trivia Tuesday at 7:30pm on zoom. Register with RYC to attend https://revealyourchampion.ca <input type="checkbox"/> Click here to dance and groove along to this Just Dance song! 	<p>4</p> <ul style="list-style-type: none"> <input type="checkbox"/> May the 4th be with you -- today is Star Wars Day! Celebrate by watching one of the Star Wars movies! <input type="checkbox"/> Join us at 7:30pm on Zoom for Workout Wednesday, brought to you by Reveal Your Champion! Click here to register with RYC to attend 	<p>5</p> <ul style="list-style-type: none"> <input type="checkbox"/> As the weather gets warmer it's important to stay hydrated. Make sure to drink at least 8 glasses of water today! <input type="checkbox"/> Join us at 7pm on Zoom for Tough Thursday, brought to you by Reveal Your Champion! Click here to register with RYC to attend 	<p>6</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"/> Complete this short workout: 2-min plank, 20 lunges and 15 burpees 	<p>7</p> <ul style="list-style-type: none"> <input type="checkbox"/> Create a playlist full of your favourite songs and have a solo dance party! <input type="checkbox"/> Let's test your agility with this exercise: 2 jumps forward and 1 jump back! Repeat 20 times
<p>8</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"/> With the weather getting warmer, let's get some fresh air and go for a 15 min run/jog! 	<p>9</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stress can be felt all through our bodies. Click here & follow along with this body scan routine to relieve some tension!! <input type="checkbox"/> Let's test our hand-eye coordination today! Grab 3 small balls or rolled up socks and see how long you can juggle them! 	<p>10</p> <ul style="list-style-type: none"> <input type="checkbox"/> It is important to reflect on the positives in our lives! Write down 3 things you are grateful for and why! <input type="checkbox"/> Complete this challenge: Walk backwards 30 seconds and then skip back. 	<p>11</p> <ul style="list-style-type: none"> <input type="checkbox"/> Today is national "eat what you want" day! Celebrate by making your favourite meal for dinner <input type="checkbox"/> Click here to Complete Level 1 of the Fit 5 videos today! 	<p>12</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a break from your technology use and read something like a book or magazine for an hour! <input type="checkbox"/> Complete this short workout: 15 squats, 15 glute bridge, 15 leglifts 	<p>13</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oral hygiene is incredibly important! Challenge yourself to brush, floss and mouthwash your teeth twice today. <input type="checkbox"/> Let's stretch our stress away! Pick 3 yoga poses of your choice and hold each pose for 60 second! 	<p>14</p> <ul style="list-style-type: none"> <input type="checkbox"/> Show kindness to at least 3 people today -- whether it be through compliments, doing favours, or helping someone out! <input type="checkbox"/> Let's do some skipping! Skip in place for 1 min or with a jump rope.
<p>15</p> <ul style="list-style-type: none"> <input type="checkbox"/> It's World Baking Day. Bake your favorite dessert and treat yourself! <input type="checkbox"/> Play your favourite workout music and challenge yourself to jog in place for as long as you can! 	<p>16</p> <ul style="list-style-type: none"> <input type="checkbox"/> We start and end our day in our room. So, take time today to clean and tidy up your space! <input type="checkbox"/> Begin your week by challenging yourself to complete 15 bicycle crunch, 15 lunges, 10 pushups! 	<p>17</p> <ul style="list-style-type: none"> <input type="checkbox"/> It's self-appreciation Wednesday. Write down 5 things/accomplishments you are proud of!! <input type="checkbox"/> Are you ready to meditate? Click here to practice mindfulness by following along this video. 	<p>18</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"/> Click here to complete Level 2 of the Fit 5 videos today! 	<p>19</p> <ul style="list-style-type: none"> <input type="checkbox"/> Skincare is important for a healthy skin. Clean your face with cleanser for 45 sec and moisturize afterwards. <input type="checkbox"/> Let's try this short exercise: 15 leglifts, 15 jumping jacks, 15 glute bridge 	<p>20</p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy Victoria Day! Go to a nearby park tonight and enjoy watching the fireworks in the sky <input type="checkbox"/> Let's see how strong is your core! Do a plank and hold it for as long as you can. 	<p>21</p> <ul style="list-style-type: none"> <input type="checkbox"/> Celebrate World Day for Cultural Diversity by researching and learning about a culture different from your own! <input type="checkbox"/> Complete Level 3 of the Fit 5 videos today!
<p>22</p> <ul style="list-style-type: none"> <input type="checkbox"/> Let's try some art-therapy today! Use any art supplies, get creative and draw/paint something you love! <input type="checkbox"/> Embrace the warm weather! Grab a friend and go for a 15 minute walk today! 	<p>23</p> <ul style="list-style-type: none"> <input type="checkbox"/> Any exercise is beneficial for you! Challenge yourself to get at least 10000 steps today. <input type="checkbox"/> Click here to visit the Reveal Your Champion website to complete your fitness challenge for the day! 	<p>24</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleep is really important to power your mind and restore your body. Get to bed early and try to get 8 hrs of sleep. <input type="checkbox"/> Pick your favorite hype song and have a short dance party! 	<p>25</p> <ul style="list-style-type: none"> <input type="checkbox"/> Did you know it's national salad month? For lunch make your favourite salad today! <input type="checkbox"/> Complete Level 4 of the Fit 5 videos today! 	<p>26</p> <ul style="list-style-type: none"> <input type="checkbox"/> It's Self-Love thursday! Write down 3 things or qualities you love about yourself. <input type="checkbox"/> Complete this short exercise: 15 bicycle crunch, 15 jumping jacks, 15 glute bridges. 	<p>27</p> <ul style="list-style-type: none"> <input type="checkbox"/> Happy Friday! It's time for the weekend. Treat yourself with self-care by doing a spa night and watching your favourite movie! <input type="checkbox"/> Let's challenge our core strength today and do 30 situps! 	<p>28</p> <ul style="list-style-type: none"> <input type="checkbox"/> It's National Burger Day! Click here and Celebrate in a healthier way by trying out these black bean burgers for dinner tonight. <input type="checkbox"/> Let's see your ability to balance. Tiptoe for 45 seconds!
<p>29</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast is the most important meals of the day. Make a healthy breakfast today! Click here for inspirations! <input type="checkbox"/> Complete Level 5 of the Fit 5 videos today! 	<p>30</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go for a walk, get some sunshine and take 3 pictures of the nature! <input type="checkbox"/> Complete this short workout: 10 lunges, 10 situps, 10 pushups 	<p>31</p> <ul style="list-style-type: none"> <input type="checkbox"/> Now let's reflect on this month's journey and write a short journal about how you felt during this month's challenges! <input type="checkbox"/> Let's wrap our fitness challenge with a 3k run! 	<p>Click on the ● for each day's Workout of the Day!</p>			



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@ Home**

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