

AUGUST WELLNESS CHALLENGE

<p>1</p> <p><input type="checkbox"/> Set your intention for the month with this 1 minute meditation!</p> <p><input type="checkbox"/> Let's start the month off right with this 10 minute yoga class</p>	<p>2</p> <p><input type="checkbox"/> Dental hygiene is important! Don't forget to floss today.</p> <p><input type="checkbox"/> Squats are a great way to strengthen your lower body. Challenge yourself by doing 20 squats and holding the last squat for 20 seconds!</p>	<p>3</p> <p><input type="checkbox"/> Stay hydrated today by drinking at least 5 glasses of water today.</p> <p>Your favourite tabata workout is back this Workout Wednesday! Come ready to workout at 7pm and make sure to bring a water bottle! Register here</p>	<p>4</p> <p><input type="checkbox"/> Write down three things you are grateful for and share these with a friend.</p> <p><input type="checkbox"/> Let's focus on our arms. Try this 5 minute toned arms workout.</p>	<p>5</p> <p><input type="checkbox"/> Take some time to be alone today. Listen to some music or read a book. Enjoy being alone with no distractions.</p> <p><input type="checkbox"/> Full body Friday! Try this 15 minute full body workout.</p>	<p>6</p> <p><input type="checkbox"/> Looking for a easy healthy breakfast? Try this yogurt parfait recipe.</p> <p><input type="checkbox"/> Challenge yourself with this 10 minute glute circuit.</p>	<p>7</p> <p><input type="checkbox"/> Listen to your favorite song on repeat today!</p> <p><input type="checkbox"/> Enjoy the summer weather while you can. Go on a 30 minute walk!</p>
<p>8</p> <p><input type="checkbox"/> I spy with my little eye, something that is... Join us this Mingle Monday for a fun game of virtual eye-spy at 7pm! Register here</p> <p><input type="checkbox"/> Happy Monday! Let's start the new week by doing this 10 minute morning stretch</p>	<p>9</p> <p><input type="checkbox"/> In order to fully reset, clean any space in your house that feels cluttered.</p> <p><input type="checkbox"/> Feel the burn! Do 20 lunges switching which leg is in front each time.</p>	<p>10</p> <p><input type="checkbox"/> Reaching out to loved ones is important. Call a family member and let them know what you've been up to this week.</p> <p><input type="checkbox"/> Do you miss the 90s? Bring yourself back to the 90s with this 15 minute dance party workout.</p>	<p>11</p> <p><input type="checkbox"/> Brushing your teeth is important for your oral health. Make sure to spend 2 minutes, 2 times today brushing your teeth.</p> <p><input type="checkbox"/> Foundational exercises are a great way to strengthen a chosen muscle group. Let's focus on our upper body with this workout.</p>	<p>12</p> <p><input type="checkbox"/> Colouring is a great way to relax. Choose a coloring sheet and spend some time today coloring it in.</p> <p><input type="checkbox"/> Full Body Friday! Grab a partner and try this stretching routine.</p>	<p>13</p> <p><input type="checkbox"/> Got some free time today? Make these healthy energy bites.</p> <p><input type="checkbox"/> Go all out! Try this 5 minute squat workout.</p>	<p>14</p> <p><input type="checkbox"/> Staying in touch is important. Call a friend today and check-in.</p> <p><input type="checkbox"/> Get your steps in with this outdoor scavenger hunt walk.</p>
<p>15</p> <p><input type="checkbox"/> Get your markers, crayons or colored pencils as we will be coloring some of your favourite summer activities at 7pm! Join us this Mingle Monday by registering here</p> <p><input type="checkbox"/> Try this energy boosting 10 minute yoga class!</p>	<p>16</p> <p><input type="checkbox"/> Write down something you want to improve upon this week and set 3 goals to achieve it.</p> <p><input type="checkbox"/> Having strong legs is important for any sport. Challenge yourself by doing 20 calf raises!</p>	<p>17</p> <p><input type="checkbox"/> Getting a good nights sleep is important. Go to sleep 30 minutes earlier tonight.</p> <p><input type="checkbox"/> Another workout wednesday means another Tabata workout! Join us at 7pm with water and clothes to move in. Register here</p>	<p>18</p> <p><input type="checkbox"/> Podcasts are a great way to get information on-the-go. Listen to a podcast today.</p> <p><input type="checkbox"/> Challenge yourself with this 4 minute arm toning workout.</p>	<p>19</p> <p><input type="checkbox"/> Reflect on the 3 goals you what you wrote at the beginning of the week. Did you achieve them?</p> <p><input type="checkbox"/> Full Body Friday! Try this 20 minute fat burning workout.</p>	<p>20</p> <p><input type="checkbox"/> Baking is a great way to de-stress. Try this zucchini bread!</p> <p><input type="checkbox"/> Try this killer 10 minute lower body workout.</p>	<p>21</p> <p><input type="checkbox"/> Mindfulness is important when eating. Try to not eat in front of a screen today.</p> <p><input type="checkbox"/> Pilates is a great way to keep fit. Try this 10 minute beginner workout.</p>
<p>22</p> <p><input type="checkbox"/> Join us this Mingle Monday to do a summer craft! You will need paper plates, brown card stock, pink, mint and black paint, red pom poms, sprinkles, black markers, scissors, glue and brushes. Register here</p> <p><input type="checkbox"/> Let's start this week off with 5 stretches to get us feeling flexible and thinking positively!</p>	<p>23</p> <p><input type="checkbox"/> Laughter triggers positive physical and emotional changes in the body. Ask someone you know to tell you a joke.</p> <p><input type="checkbox"/> Core strength is important when competing in sport. Time yourself holding a plank for as long as you can.</p>	<p>24</p> <p><input type="checkbox"/> Grab your favorite snack and watch your favorite show or movie!</p> <p><input type="checkbox"/> Let's get some cardio in with this dance workout.</p>	<p>25</p> <p><input type="checkbox"/> Treat yourself to something nice today! It could be anything from an ice cream cone to breakfast in bed.</p> <p><input type="checkbox"/> Try this 5 minute back workout!</p>	<p>26</p> <p><input type="checkbox"/> Have an at-home spa day to relax and unwind! Take a bath, do a face mask, and sing along to your favorite song.</p> <p><input type="checkbox"/> Full Body Friday! Try this 20 minute morning workout.</p>	<p>27</p> <p><input type="checkbox"/> Craving cookies? Try these healthy breakfast cookies.</p> <p><input type="checkbox"/> Work out your legs with this low impact leg and glute workout.</p>	<p>28</p> <p><input type="checkbox"/> Sharing a meal with others is a great way to develop relationships, try to eat at least one meal today with someone else.</p> <p><input type="checkbox"/> Enjoy this cardio workout outdoors today!</p>
<p>29</p> <p><input type="checkbox"/> Bowling, swimming, boccee and more! Join us this Mingle Monday for trivia on special olympics, see everyone at 7pm! Register here.</p> <p><input type="checkbox"/> Start this week off with a 15 minute full body stretch!</p>	<p>30</p> <p><input type="checkbox"/> Kindness is key! Try complementing everyone you meet today.</p> <p><input type="checkbox"/> Try this 5 minute inner thigh burn workout!</p>	<p>31</p> <p><input type="checkbox"/> Congratulations on completing this month of wellness! Write a letter to your future self.</p> <p>Dance, run, jump, skip and move this workout wednesday! Bring your running shoes and get ready for a cardio blast at 7pm! Register here.</p>	<p>Click on the ● for each day's Workout of the Day!</p>			



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