

HEALTHY LIVING CHALLENGE

WELCOME TO WEEK ONE

WELCOME TO THE FIRST WEEK OF THE HEALTHY LIVING CHALLENGE!

To recap, the goal of this challenge is to accumulate as many points as you can by exercising (1 minute = 1 point), doing healthy tasks (ex. drinking 5 glasses of water, eating fruits and veggies, etc) and having FUN! A daily exercise maximum of 60 minutes is also set to encourage participants of all athletic abilities. Refer to the Healthy Task Description sheet for a detailed list of ways to get points.

To kick off the challenge, this week is about exercise. We have heard exercise is so great for you, but why?! Exercise helps control weight, reduces stress, relieves symptoms of depression and anxiety, increases energy, improves sleep, gives stronger muscles and bones, prevents diabetes, heart disease, osteoporosis and cancer to name a few (Ministry of Health and Long Term Care, 2011)!

5 IDEAS TO GET YOU MOVING THIS WEEK!

- **Add 10 minutes of movement into your morning routine. Wake up earlier and see how re-energized you will be to start off your day!**
- **Park the car further away or get off the bus earlier from where you're going.**
- **Dance to your favourite music for 10 minutes.**
- **Go for a brisk walk to enjoy some alone time, or take someone with you.**
- **Take the stairs instead of the elevator.**

Source: <http://www.mhp.gov.on.ca/>

