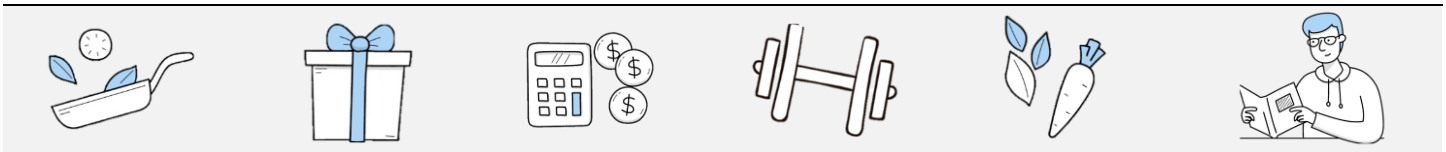
ALL-AROUND wellness WARRIOR

HEALTHY HABITS – WEEK 2

YOUR TASK	POINTS
Go meatless. Make at least one dinner meatless. Be sure that you still add protein to your plate! Experiment with favourites like tacos, burgers, and chili, which can all be made vegetarian-style. Or get creative and try something new!	**10**
Try a new workout. Workout variety keeps exercise interesting and improves results. If you don't currently have a fitness routine, do any kind of workout. If you usually walk or run, try weight training or dance fitness. If weights are your go-to, give HIIT a shot! Already lift weights and do cardio? Try yoga.	**10**
Move more. Find ways to add movement to your day. Take the stairs instead of the elevator, park farther away from your destination, take calls on the go, do crunches or squats as you watch tv – anything goes!	**15**
Eat your colours. A healthy diet is full of fruits and vegetables, but when choosing between the two, we usually reach for the fruit. It's time to focus on the veggies! Eat at least one dark green and one orange vegetable, which is Canada's Food Guide daily recommendation for adults.	**15**
Do something for yourself. While all of the healthy habits in this challenge are for you, this task is REALLY for you. Make some time to practice self-care and do something that helps you relax, brings you joy, and makes you smile. Buy yourself some flowers, or simply enjoy 20 minutes of peace of quiet.	**15**
Create a budget. This one takes some effort, but it's worth it! Set time aside to create a budget for the month based on your net income and your expenses. Remember, you need to balance to zero at the end!	**20**
Read for your goals. Spend at least 10 minutes reading a book or article that will help you reach one of your goals. Anything that will help you reach your goal or grow in some way.	**20**
Eat whole foods for a whole day. Skip packaged food as much as humanly possible today. This includes things like cereal, granola bars, chips, crackers, candy, and cookies. Base your meals around whole foods like eggs, chicken, meat, fish, plant-based proteins, nuts, fruits, and vegetables. It's just one day. You can do it!	**20**



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