

Wellness Challenges

Healthy Living Challenge

14-day wellness challenge

Engage in a variety of tasks that promote healthy living and help you incorporate healthy habits into your routine.

Self-Care Challenge

14-day wellness challenge

Self-care is about caring for your physical, mental, and emotional health and that's what this challenge is all about. Weekly tasks provide ways to recharge, refresh, reconnect, and refocus.

Minutes of Movement

14-day wellness challenge

Minutes of Movement is a team-based challenge designed to motivate you to move doing activities you enjoy. Physical activity is an important part of a healthy lifestyle, so we'll work together to add more movement to our day – every day!

All-Around Wellness Warrior

14-day wellness challenge

This 2-week challenge focuses on the many habits that contribute to a healthy lifestyle. Exercise, healthy eating, mental health, financial well-being... we'll do it all!

Pause and Reset

7-day wellness challenge

An individual challenge that helps you stay focused and organized with tasks and responsibilities, and balance that with making time to pause and reset. It also offers daily tasks intended to relieve stress and help you to reset your body, mind, and spirit.

Step It Up

14-day wellness challenge

Walk, run, hike or job your way across Ontario (or beyond)! Work as a team to accumulate steps and climb the leaderboard to win the race.

Power Your Plate

21-day wellness challenge

A team-based challenge designed to motivate you and help you eat well to live well. We'll focus on simple things you can do eat better and make healthier choices about what and how you consume food.

Triple Threat

21-day wellness challenge

Wellness is about your WHOLE self, and this challenge offers simple activities that nurture your mind, body, and soul. Weekly tasks focus on one of these aspects of wellness to inspire you to adopt some healthy habits into your life.

- ✓ Captain guide
- ✓ Online resource centre
- ✓ Online point submission
- ✓ Leaderboard updates



**A FUN WAY TO PROMOTE
HEALTHY HABITS AND
SOCIAL CONNECTION**