

Week 1- May 6-12th

Healthy Habits

Start off this year's Heart Smart /[ParticipACTION](#) Challenge with some simple healthy habits and ways to move at work. These could include:

- Ride your bike or walk to work
- Take the stairs instead of the elevators
- Taking the longer route from point A to point B, Park in the furthest corner of your parking lot
- Take a standing break every hour
- Try some Desk yoga or stretches [Wellness Stretch & Strengthen program](#)
- Drink an extra glass of water a day
- Have a walking or standing meeting
- Have an active lunch- eat outside, use half your lunch break to go for a walk or workout
- Other – what is your healthy habit?

50,000 points will get you the Week 1 badge –enter your physical activity points on a regular basis.

Extra points/badges this week:

1. Complete a healthy habit 3 X this week for the **Healthy Habits badge!** Send a photo of your healthy habit to wellness@uleth.ca for 2000 points (to a maximum of 5 habits this week or maximum 10,000 points).
2. **FREE Walk on the Track with a Friend Badge** - May 7 - Take a friend or your team to the Open Track at SRS Fitness Centre and walk for part of your lunch hour. Track will be open from 11 – 2 on May 7.
3. Lunch and Learn **Snake Safety badge** – May 8 – TH204 – register at wellness@uleth.ca. Learn all about our reptile neighbors and get prepared for Outdoor week!
4. Join us for a '**Guided Bird Walk**' - **badge** – with Birder Samantha Krause – meet May 9th at 12:05 PM by the Bus Loop (outside of SU). Bring a friend or your team and get the **team badge!**
5. Our partner this year is [ParticipACTION](#) and by downloading their app and sending us a screenshot you can get your [ParticipACTION badge!](#)

A great way to start incorporating healthy habits is to encourage friends/coworkers! Take a photo of your healthy habit or physical activity with a teammate(s) and post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook).

