

Week 1- May 11-17 – Heart Smart Wellness Connected challenge

Maintaining Healthy Habits During COVID-19

Start off this year's Heart Smart Challenge with some simple healthy habits and ways to move at home and while working (whether at home or on campus). These could include:

- Ride your bike or walk around your neighbourhood.
- 'Virtual' walk with a friend, co-worker or actual walk with family member
- Take the stairs (in your house) – once an hour
- Take a standing break every hour
- Try some Desk yoga or stretches [Wellness Stretch & Strengthen program](#)
- Drink an extra glass of water a day
- Stand every time you are on the phone
- 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 and post on Instagram #WellnessConnected #UofLwellness #HornsRec for 2000 points (to a maximum of 5 habits this week or maximum 10,000 points).
2. Get your **Home Ergonomics** badge. Attend the Zoom **Wellness Lunch and Learn on 'Ergonomic Hacks for Remote Work'** with Shane Hudson. May 12 at noon - More info [here](#).
3. Achieve your **Week 1 HornsRec Fitness badge** by attending the HornsRec Info Session - <https://www.instagram.com/hornsrec/>
4. **Get your Week 1 Support Local badge**- Check out this link for [Things that Are Open Lethbridge](#). Support a local business in some way and achieve your Support Local Badge.

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

