

Week 3-May 25- 31 – Heart Smart Wellness Connected Challenge



Be Active Outside Week

We are partnering this year with UofL Horns Recreation. With the warmer weather, this week's challenge is to be active outdoors. Being outdoors improves mood and reduces stress. A quick activity outside can have a positive reset on our stressful daily lives which will also improve work quality, motivation, energy levels and will help you get a better sleep. Suggestions include:

- Start the day out right with a morning walk or enjoy an after dinner walk as the day settles down.
- Walk, run or cycle after a healthy breakfast or try an evening bike ride in the coulees.
- Check out the [Lethbridge trail maps routes](#).
- Have lunch outside - enjoying the sun with healthy food and virtual colleagues can help reduce stress and reset your mental inventory allowing you to maintain productivity for the rest of the day.
- Mood levels can increase with activities such as gardening. It can help build self-esteem through accomplishments and can alleviate stress and anxiety.
- Take your kids outside to play. **Check out the [Active Lethbridge website](#) for more info on local activities to do, parks and open spaces, and consuming healthy food choices.**
- 50,000 points will get you the Week 3 badge –enter your physical activity points on a regular basis.
- Make sure you check out the [Winners tab on the Heart Smart](#) site to stay connected and be inspired by our fellow participants!

Extra points/badges this week:

1. Take a photo of you, virtual photos of your partner or team being active outside – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email wellness@uleth.ca to confirm for **an extra 2000 points**.
2. **Get [HornsRec Fitness session](#) Week 3 badge** – *Shoulder mobility and neck stability*. Watch on Instagram.
3. **Week 3 – Support Local Badge** – Check out Lethbridge's [Building Brains Walk and Play](#) for inspiration while in the parks and recreation areas around the city.
4. Work in the garden for **your 'gardening badge'**.
5. Bring your family or housemates with you for your **'family outside'** badge.
6. **Get your Knitting Badge!** May 25 at noon, take your knitting or crocheting outside and attend the Zoom Knit and Knatter lunch meeting with the UofL Art Gallery. Must register [here](#).

Did you know?

- Moderate - intensive outdoor activity like walking, cycling, and gardening can help lower your risk of developing coronary heart disease and stroke. Being active outdoors can increase vitamin D levels, helping to prevent osteoporosis and bone thinning.
- Just being outside can improve memory, fight depression, lower anxiety, and lower blood pressure.

