

# Week 5 – June 8 – 12 Heart Smart Wellness Connected Challenge



## Keeping Healthy at Home

*This week is all about how to get active using home workouts! UofL Horns Rec has some ideas to help us be active in our home using everyday equipment.*

- Be sure you tune in for this week's HornsRec Fitness Info session on home workouts – Upper body, lower body, fully body, cardio weights, bands and balls. <https://www.instagram.com/hornsrec/>
- The basics of your own in-home fitness program will be provided.
- **Share your successes and failures when it comes to your workout routine. Send to [wellness@uleth.ca](mailto:wellness@uleth.ca), share on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). This is a great way to inspire others to maintain or start their own workout routine.** How do you keep your routine fresh? How do you get back on track if you get out of your routine? What are some personal tips to keep you motivated?
- Make sure you check out the [Winners tab on the Heart Smart](#) site to stay connected and be inspired by our fellow participants!
- **Try out knitting or crocheting at home with the UofL Art Gallery.** June 8 at noon, join from home and attend the Zoom Knit and Knatter lunch meeting. Must register [here](#).
- **Be sure and follow re-opening recommendations from [City of Lethbridge](#) and from the [Alberta Provincial Gov't](#)**
- Other ideas for being [healthy and active at home – Be Fit For Life](#)

50,000 points will get you the Week 5 badge – enter your physical activity points on a regular basis.



### Extra points/badges this week:

1. Take a photo of you working out at home – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email [wellness@uleth.ca](mailto:wellness@uleth.ca) to confirm for an **extra 2000 points**.
2. Get your **Week 5 HornsRec Fitness session badge** by checking out this week's session on <https://www.instagram.com/hornsrec/>
3. Get your **Week 5 Support Local Badge** – [Things that are Open Lethbridge](#)
4. Let us know how you will maintain your wellness until next May, and end this year's challenge with an extra 5000 bonus points!



*Here are some tips on maintaining those healthy habits, whether it was an old habit or new one you picked up throughout the Challenge:*

- To start out, **you first need a plan**. See what needs to be changed or improved in your day to day life and find ways/alternatives to make improvements. Schedule in your day when will make these changes.
- **Start small**; choose one thing to work on at a time. Too many goals or goals that are too ambitious may be difficult to achieve and you may find yourself discouraged.
- **Track your progress**. Progress is never in a straight line, and it is important to see draw backs. Tracking also helps us to see where and when the habit(s) best fits into your daily life.
- It can also help to **change your surroundings**. Finding ways to make these habits fit better into your life such as having fruit on the counter, gym bag by the door, taking a different route to use the stairs, etc.
- **Enlist support!** You will find more success if you have others helping you along the way. It is easier to keep up that healthy habit if you have to meet a friend for a walk or at the gym.
- **Take setbacks as a sign of improvement**. We need time to adjust to change and taking a break or having a cheat-day is encouraged. Setbacks are important for us to see how far we have come and helps us see our future clearer.
- It is also very important to **reward yourself**. Give yourself a healthy reward when achieving a small goal or milestone. This helps us to keep motivated and set more goals.