

1-MONTH WELLNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>The more days you complete a task, the higher chance you have of winning a raffle prize!</p>		<p>FEBRUARY 1</p> <p>Set your personal goal OR Attend the kick-off event [6:30pm]</p>	<p>FEBRUARY 2</p> <p>10,000 steps OR Chat with a friend</p>	<p>FEBRUARY 3</p> <p>Attend a virtual/in-person fitness class OR 10 minute meditation</p>	<p>FEBRUARY 4</p> <p>30+ minute cardio OR 2L water intake</p>	<p>FEBRUARY 5</p> <p>Try a new fitness app* OR Have a home-cooked meal</p>
<p>FEBRUARY 6</p> <p>Go for a long walk OR List 5 things you are grateful for</p>	<p>FEBRUARY 7</p> <p>10,000 steps OR Go to bed an hour early</p>	<p>FEBRUARY 8</p> <p>Dance to your favorite music OR Caffeine free day</p>	<p>FEBRUARY 9</p> <p>Take the stairs instead of elevators OR Try a new meditation app*</p>	<p>FEBRUARY 10</p> <p>Park further away from your destination OR Learn something new</p>	<p>FEBRUARY 11</p> <p>Stretch every 2 hours (at work) OR Read a book</p>	<p>FEBRUARY 12</p> <p>Exercise with a friend OR Cook a meal with in-season produce</p>
<p>FEBRUARY 13</p> <p>10,000 steps OR Stay off social media (weekend)</p>	<p>FEBRUARY 14</p> <p>2L water intake OR Compliment yourself</p>	<p>FEBRUARY 15</p> <p>30min+ cardio OR Try a deep breathing exercise</p>	<p>FEBRUARY 16</p> <p>Go for an outdoor walk or run OR Caffeine free day</p>	<p>FEBRUARY 17</p> <p>No screens 1hr before bed OR Practice your favorite hobby</p>	<p>FEBRUARY 18</p> <p>Take the stairs instead of the elevator OR Eat a healthy meal</p>	<p>FEBRUARY 19</p> <p>Try a new type of exercise OR Try a meditation app*</p>
<p>FEBRUARY 20</p> <p>Go for a walk OR Read a book</p>	<p>FEBRUARY 21</p> <p>Dance to your favorite music OR Spend time with your family</p>	<p>FEBRUARY 22</p> <p>Try a new fitness app* OR Caffeine free day</p>	<p>FEBRUARY 23</p> <p>Thank your coworkers OR 2L water intake</p>	<p>FEBRUARY 24</p> <p>Stretch every two hours (at work) OR List 5 things you love about yourself</p>	<p>FEBRUARY 25</p> <p>Exercise with a friend OR Go outside</p>	<p>FEBRUARY 26</p> <p>10,000 steps OR Support a local business</p>
<p>FEBRUARY 27</p> <p>30+ min cardio OR Practice your favorite hobby</p>	<p>FEBRUARY 28</p> <p>Go to bed an hour early OR Have a home-cooked meal</p>	<p><i>You did it!!!</i></p> <p>*Feel free to select an app from this list: sunnybrook.ca/content/?page=wellness-resources-all If there are any questions or concerns, please email sri.studentnetwork@gmail.com.</p>				

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USEFUL LINKS

Sunnybrook Wellbeing Resources (Includes Apps)

<https://sunnybrook.ca/content/?page=wellness-resources-all>

Pamela Reif Channel

<https://www.youtube.com/c/PamelaRf1>

Fitness Blender Channel

<https://www.youtube.com/c/fitnessblender>

UTRAIN On-Demand Channel

https://www.youtube.com/playlist?list=PLKjcJIENePCuxg_i5lpyX8h1gccDk6Zi4

Yoga with Adriene Channel

<https://www.youtube.com/c/yogawithadriene>

Pause 4 Providers - guided mindfulness sessions

<https://www.pause4providers.com/>

Meditation Works - guided meditation audios

<https://meditationworks.com/guided-meditations-2/>

March of Dimes - seated and rehab exercises

<https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Exercise.aspx>

ZOOM INFO

Kick-off Event

February 1, 2022 @ 6:30PM

<https://utoronto.zoom.us/j/89830497305>

Passcode: wellness

Raffle Event

March 1, 2022 @ 6:30PM

<https://utoronto.zoom.us/j/85788830711>

Passcode: wellness



The **SRI Student Network (SSN)** is a student-led organization focused on fostering a community for students and learners at Sunnybrook.

Join our SSN listserv [here](#) for more upcoming events.

If you are interested in joining our SSN team to plan different initiatives with us, please email us at sri.studentnetwork@gmail.com.

The **Wellbeing @ Sunnybrook Team** will be one important factor towards a stronger commitment to wellness at Sunnybrook. As an organization of over 10,000 people, we know and understand the needs of each Sunnybrooker are different and unique. The goal of the wellbeing team is to foster and support Sunnybrookers by providing a variety of resources, and people, to help each of them build a path forward towards their own vision of wellbeing.

You can reach us at staff.wellness@sunnybrook.ca for questions or more information!