<table>
<thead>
<tr>
<th>Monday</th>
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<td><strong>Go for a 10 minute walk after one of your meals</strong></td>
<td><strong>Come Check out Programming at 1pm!</strong></td>
<td><strong>Drink 2 L of water today!</strong></td>
<td><strong>Have a game night with family or friends!</strong></td>
<td><strong>Eat a meal or have a team with your family and friends</strong></td>
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<td><strong>Call or Skype a friend you haven't seen in a while!</strong></td>
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<td><strong>Sit still for 5 minutes and just focus on your breathing</strong></td>
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<td><strong>Aim to get 7-9 hours of sleep tonight</strong></td>
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<td><strong>Put on your favourite song and spend 10 minutes dancing!</strong></td>
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<td><strong>Flavour your water (ie. lemons, berries, mint, cucumber)</strong></td>
<td><strong>Take a picture of something beautiful tor of someone you love</strong></td>
<td><strong>Take a bath or shower with something that smells nice!</strong></td>
<td><strong>Make a list of 3 things that you are grateful for!</strong></td>
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<td><strong>Set a health goal for yourself for the month of August!</strong></td>
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<td><strong>Canada Day! Celebrate by going to ArtFest downtown!</strong></td>
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**Note:** The table includes daily activities focused on health and wellness throughout July 2018.
**July 30 Day Wellness Challenge**

**What is it?**

The An Clachan 30 Day Health Challenge is a way for you to take time out of your busy schedule to take care of all aspects of your health.

**How can I participate?**

You can take part by trying to complete as many of the daily challenges as possible! Be sure to check off each day as you complete it to be entered in the draw at the end of the month! You can also come check out our all ages programming every Wednesday from 1pm - 2:15pm.

**Why should I participate?**

Despite common misconceptions, being healthy is made up of so much more than being physically active. Your physical, social and mental health are all connected and all affect the way you feel.

Engaging in social activities by going for walks, eating, and just hanging out with family and friends greatly increases your social health.

Taking time to pause, reflect and get a good night's sleep all contributes to your ability to stay focused and be mentally well.

Finally, being physically active and eating healthy greatly affects your body’s ability to physically support you through everything you do on a daily basis.

Taking part in this challenge will help you incorporate different ways to stay healthy into your schedule! With every day that you complete, you will get 1 entry into a draw for prizes!

If you have any questions, feel free to contact Aryn (ael6@queensu.ca), Kaitlin (kmj4@queensu.ca) or Daniel (dcr5@queensu.ca).