

24-7 Wellness November 2019

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**WELLNESS
ONE DAY
AT A TIME**

Use this calendar to follow along with daily goals and weekly wellness challenges! Check off when you have met a daily goal or weekly challenge. Be sure to tag us on instagram or facebook using #dunkwellness2019 or even send us an email showing that you have completed the challenge for the day!

Presented by Systems 24-7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>3 The days are starting to get shorter so make the most of your day! WAKE UP as early as you can so you take in those rays of sunlight.</p> <p>Goal Achieved!</p>	 <p>4 Every time you check your phone or email, take a DRINK OF WATER. You'll have 8 glasses in no time.</p> <p>Goal Achieved!</p>	 <p>5 MEDITATE - before you get home, take a few minutes to review your work day, clear your mind and adjust your thoughts to be fresh and positive.</p> <p>Goal Achieved!</p>	 <p>6 KEEP ACTIVE! Bundle up and go for a mid-day walk.</p> <p>Share with us Challenge Completed!   </p>	 <p>7 Wear BRIGHT COLOURS. It's easy to get caught up in wearing only black, but bright colours can brighten up your day.</p> <p>Goal Achieved!</p>	<p>1 It's Movember! MEN'S HEALTH AWARENESS, support someone you know growing a mustache to raise money and awareness for men's health.</p> <p>Goal Achieved!</p>	<p>2 It's LUNG CANCER AWARENESS MONTH. Breathe easy today and do something good for your lungs - take a walk outside or air out your house.</p> <p>Goal Achieved!</p>
<p>10 Rooms that are too hot or too cold can disrupt sleep cycles. Make sure your room is at a COMFORTABLE TEMPERATURE.</p> <p>Goal Achieved!</p>	<p>11 Today is REMEMBRANCE DAY. Pause for two minutes of silence to honour, reflect on and remember our soldiers at 11:00am.</p> <p>Goal Achieved!</p>	<p>12 WORLD PNEUMONIA DAY. Wash your hands frequently, especially after blowing your nose, using the bathroom, shaking hands, etc.</p> <p>Goal Achieved!</p>	<p>13 Try HOT YOGA. The warmth of the room will relax your muscles and you'll be warm long after you leave.</p> <p>Share with us Challenge Completed!   </p>	<p>14 WORLD DIABETES DAY. Choose a healthier snack today with little to no sugar.</p> <p>Goal Achieved!</p>	<p>15 Look for COMMUNITY lectures and events to attend. The library is a great place to start your search.</p> <p>Goal Achieved!</p>	<p>16 Attend a WINTER SPORTS event - hockey game, ice skating competition, curling event, skiing competition, etc.</p> <p>Goal Achieved!</p>
<p>17 Place a HEATING PAD on your neck and shoulders or anywhere else you feel tense. Let your stresses melt away and just relax.</p> <p>Goal Achieved!</p>	<p>18 NATIONAL APPLE CIDER DAY! Have a cup of apple cider or research the benefits of apple cider vinegar and see if you can incorporate some into your daily diet.</p> <p>Goal Achieved!</p>	<p>19 Shoot for long-term but PLAN FOR SHORT-TERM. It's great to have high ambitions for the future, but don't ignore now.</p> <p>Goal Achieved!</p>	<p>20 Today is NATIONAL CHILD DAY. Unplug and have focused time with the child/children in your life.</p> <p>Share with us Challenge Completed!   </p>	<p>21 Ask your friends and family for their FAVOURITE RECIPES and make yourself some new warm treats.</p> <p>Goal Achieved!</p>	<p>22 Try to find the SILVER LINING no matter how small it might be.</p> <p>Goal Achieved!</p>	<p>23 Grab a TOBOGGAN and find the biggest hill you can (just ask - any kid will tell you). Bring some friends and have fun!</p> <p>Goal Achieved!</p>
<p>24 CELEBRATE whenever you have the opportunity. Learn about other cultures and share in their festive traditions as well.</p> <p>Goal Achieved!</p>	<p>25 Schedule short BREAKS in your day so you have something to look forward to. If you're happier throughout the day, it will pass quicker.</p> <p>Goal Achieved!</p>	<p>26 In a private place, LET IT ALL OUT! Have a tantrum, scream, cry, jump, whatever releases the tension in a safe way.</p> <p>Goal Achieved!</p>	<p>27 Before going to bed tonight, write out any concerns you may have from your day to CLEAR YOUR MIND.</p> <p>Share with us Challenge Completed!   </p>	<p>28 Have a SNOWBALL FIGHT. Make sure that there's no rocks, ice, or anything else harmful in the snow before you throw it.</p> <p>Goal Achieved!</p>	<p>29 Today is NATIONAL FLOSSING DAY. Aim to floss your teeth twice a day, daily.</p> <p>Goal Achieved!</p>	<p>30 Plan to VOLUNTEER your time somewhere over the holiday season.</p> <p>Goal Achieved!</p>