

## Welcome to the April Wellness Challenge!

We, at the Bosa Family Foundation, are excited to introduce our April Wellness Challenge, created in partnership with Mount Pleasant Neighbourhood House, CityReach Care Society, Solid State Community Industries, KidSafe, Squamish Nature Learners, and the Burnaby Neighbourhood House!

Starting April 1, this month-long Wellness Challenge is designed to help our community members to practice wellness, form healthy habits and to lead a healthy lifestyle.

### How it works:

During the month of April, complete the challenges on your challenge card provided in collaboration with each of our partners! Once your challenge card is complete, a donation will be made by the Bosa Family Foundation to your organization, to a maximum collective total of \$10,000.

We are looking forward to forming healthy habits with you during the month of April as we practice wellness and benefit the greater good.

[bosafamilyfoundation.com](http://bosafamilyfoundation.com)

Bosa Family Foundation in partnership with Mount Pleasant Neighbourhood House, CityReach Care Society, Solid State Community Industries, Squamish Nature Learners, Burnaby Neighbourhood House and KidSafe present:

# The April Wellness Challenge!

Choose food today that doesn't come in a package. Make a healthy meal. Can you include 3 different vegetables in your meals today?	Re-route. Change up your routine today. Take a different route home, to the store or to work.	Move your body for at least 30 minutes. Stretch your arms and legs and take a walk. Get your heart rate up.	Tell someone you love them (could be yourself) and/or tell someone you forgive them (could be yourself).	Start the day with a glass of water. Now can you drink a litre today, or drink only water all day? How about doing this challenge for 3 days in a row?
Have your coffee or tea at a window seat or outside. Enjoy the scene and savor every sip of your coffee or tea.	Reach out to someone you have not spoken to in awhile. Ask them how they are doing.	Sit in the sun and listen to the birds and other sounds for 10 minutes.	Wake up 10 minutes early and pray, meditate or do positive self-talk to start your day off on a positive note.	 Make a list of wonderful things about YOU and your accomplishments.
Enjoy something or someone that makes you laugh. Watch a funny show or call a friend who makes you laugh.	Wear your favourite colour or your favourite outfit.	Compliment someone on something you appreciate about them. Tell them how they have impacted your life.	Take a walk and look for signs of spring: birds, buds, bright green. What else do you see and hear?	Acknowledge one good thing that happened today. Can you think of 2 or 3? Write them down?
Can you tidy your space? Decluttering is good for your mind and body.	Pick an activity to do: read for 20 minutes, listen to music and sing or dance along. What other activity do you enjoy?	Brag to a friend or family member about how great another friend or family member is. Now vice versa, let them tell you about their awesome person.	 Connect with someone else in the challenge and cheer them on for the day.	Play! What is play for you? Pick a playful activity today: draw, play a board game, swing on a swingset, etc.
Send an encouraging message to three people.	Meditate or pray about letting go of something you have been anxious about. Imagine the best outcome for your situation.	Everyone loves to hear something positive about themselves. Pay someone a compliment.	Get colourful. Colouring has been proven to have the same effects as meditation. Print some colouring pages and dedicate 15 minutes to colouring.	Walk and talk. Make time for a walk and call a loved one, family member or friend. Or how about having a walking meeting?

## THINGS TO NOTE:

- If there is an heart in the square with your activity for the day try to make it a healthy habit and repeat it 3 times this week!
- There are bonus challenges on the back to replace or add another challenge to the month.

# Bonus Challenges!

Try these challenges in replacement of any of the challenges on the front of your challenge sheet or as a bonus.

<p>Smile! Even though we cannot see everyone's smiles we can feel it. Smile when you pass people on the street.</p>	<p>Sing your favorite song out loud outside.</p>	<p>Write down or say out loud 5 things you are grateful for... people, places, things? A practice of gratitude is a great way to start and end the day. Can you do this for 3 days in a row?</p>	<p>Choose your own challenge. What's your favourite way to practice wellness?</p>
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## Share your progress on social media!

Use the hashtag **#aprilwellnesschallenge** and tag us **@bosafoundation** in your posts.