

# BOSA Family Foundation

## 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:

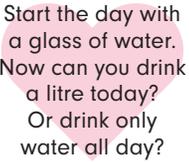
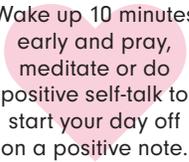
During the month of April, complete the challenges on your challenge card provided in collaboration with each of our partners! Once your challenge card is complete, a donation will be made by the Bosa Family Foundation to your organization, to a maximum collective total of \$10,000.

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!

 <p>Make a healthy meal. Can you include 3 different vegetables in your meals today?</p>	 <p>Start the day with a glass of water. Now can you drink a litre today? Or drink only water all day?</p>	<p>Wear your favourite colour or your favourite outfit.</p>	<p>Compliment someone on something you appreciate about them. Tell them how they have impacted your life.</p>	<p>Pick an activity: read for 20 minutes, listen to music and sing or dance along. What other activities do you enjoy?</p>
<p>Write 5 things you are grateful for: people, places, things.</p>	<p><b>FREE!</b></p>	<p>Make a list of wonderful things about YOU and your accomplishments.</p>	<p>Enjoy something or someone that makes you laugh. Watch a funny show or call a friend who makes you laugh.</p>	 <p>Wake up 10 minutes early and pray, meditate or do positive self-talk to start your day off on a positive note.</p>
<p>Take a walk and look for signs of spring. Birds, buds, and bright green. What else do you see or hear?</p>	<p>Reach out to someone you have not spoken to in a while. Ask them how they are doing.</p>	 <p>Move your body for 15 minutes. Stretch your arms and legs.</p>	<p><b>FREE!</b></p>	<p>Have your coffee or tea at a window seat or outside. Enjoy the scene and savour every sip.</p>
<p>Tell someone you love them or forgive them (could be yourself).</p>	 <p>Sit in the sun and listen to the birds and other sounds for 10 minutes.</p>	<p><b>FREE!</b></p>	<p>Can you tidy your desk, your drawer or your space? De-cluttering is good for your mind and body.</p>	<p>Acknowledge one good thing that happened today. Can you think of 2 or 3? Write them down.</p>

## 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!
- Free squares let you choose any one activity from the board - even if you've already done it, or choose your own challenge. See the back for some challenge ideas!

# Bonus Challenges!

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

Smile! Even though we cannot see everyone's smiles we can feel it. Smile when you pass people on the street.	Sing your favorite song out loud outside.	Walk and talk. Make time for a walk and call a loved one, family member or friend.	Re-route. Change up your routine today. Take a different route home or to the store.
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## Share your progress on social media!

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