

Health & Wellness CHECKLIST

- Go For a Walk
- Watch the Sunset From a Park 
- Do 15mins of Yoga 
- Call Someone You Haven't Spoken to Lately
- Complete a Puzzle

- Play With Your Pet 
- Complete a Minute to Win-It Challenge
- Bake a Healthy Snack
- Participate in some form of Gardening 
- Do 50 Jumping Jacks

- Build a Fort
- Deep Clean an Area of your House
- Play a Sport 
- Play a Board Game/Cards
- Do a Random Act of Kindness

- Read a Book 
- Go for a Walk Along the Dike
- Write a Letter to Someone
- Meditate 
- Do an At-Home Workout

Check off as many of the activities as you can & email your copy and contact information to guestservices@peacriver.ca to be entered to win a prize!

