



THE weekend reset challenge

WEEK 3

7 weekend practices to start your week calm, connected, and confident!



Discover the transformative power of movement: a simple yet profound key to unlocking a happier, healthier you. The benefits are many...ranging from improving cardiovascular health and maintaining a healthy weight to enhancing mood and reducing stress. In addition, exercise raises energy levels, improves the quality of sleep, and builds a sense of confidence. **Make movement a priority each weekend to discover a more vibrant you**, whether that means going for a quick walk, doing yoga, or having a living room dance party. Research shows that any kind of activity, regardless of its intensity or duration, can make a difference!



WHAT MIGHT HOLD YOU BACK

- lack of time/busy schedule
- dislike of traditional exercise
- too tired/injury/medical condition
- motivation



RESEARCH CONNECTIONS

Reflections on physical activity and health

A meta-meta analysis on the effect of physical activity on depression and anxiety

The compelling link between physical activity and the body's defense system

Therapeutic benefits of physical activity for mood

Effects of exercise on cognitive functioning and wellbeing

Health benefits of physical activity: the evidence



FOR FURTHER EXPLORATION

Get Up!: Why Your Chair is Killing You and What You Can Do About It

Built to Move

Ted Talk: Sitting is the New Smoking

Best YouTube Channels for Free Workouts



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-Dr. Joni Turville



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This Weekend's To-Do

Choose strategies to connect,
get outdoors AND move.
Try combining some or all!

Less Time and Planning

- stretch
- go for a short walk
- use the stairs
- dance to a song
- play with a pet
- tidy up
- follow a short dance or exercise video online
- practice balancing
- walk while talking on the phone
- pick up neighbourhood trash
- play catch
- pick a parking spot that incorporates a short walk
- go for a bike ride
- walk or do squats while you brush your teeth
- do household chores
- walk or take public transit to work
- stand up frequently
- fidget
- use a stability ball to sit
- do calf raises while waiting
- plan a walking meeting
- use a standing desk
- switch tasks so you have to move between them

More Time and Planning

- go for a hike
- use a fitness tracker
- try a new sport
- go for a walk with someone
- attend a fitness retreat
- do yoga, pilates or martial arts
- lift weights
- play lawn games
- go swimming
- mow the lawn
- wash windows
- join a sports league
- host a party that includes activity
- follow a youtube exercise routine
- create an exercise competition with friends
- plan an outdoor adventure
- train for an fun run or walk
- join a fitness challenge
- plan active family outings
- try geocaching
- attend a fitness retreat
- create a walking group
- visit a zoo or museum

TRACK

Download The Weekend Reset Challenge Tracker to record this weekend's activities: **Connect-Outdoors-Move!**



REFLECT

Download The Weekend Reset Journal to reflect on how the weekend went and how you feel about the upcoming week

