Welcome to the HWL Summer 2025 "Start Here, Get There!" Challenge!

August 1st-August 31st, 2025

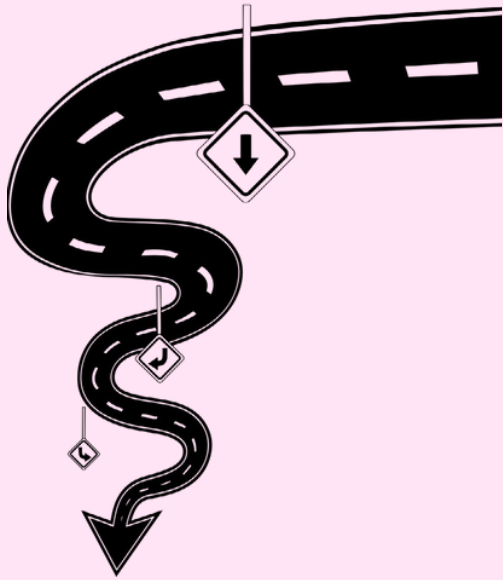
Complete the "Start Here" boxes, and progress to the "Get There" boxes over the month of August.

The dark pink boxes are a bit more challenging than the light pink one, and are meant to be a progression.

Complete the challenge in whatever capacity feels best for you, and be entered to win a PRIZE!

Tag us on Instagram @wellnesslabuofc or send us an email: wellnesslab@ucalgary.ca with your completed challenge. Prize winners will be announced in early September, 2025.

Try an outdoor activity (e.g.walk, bike).	For one day, every hour on the hour, complete 10 reps of your favourite exercise.	Capture & post your movement - tag us! @wellnesslabuofc.
Set a MOVE goal for the summer. Share to your Instagram and tag us!	Send someone you care about a gratitude note.	Connect with a friend (e.g. reach out to someone in your ACE class



START HERE

GET THERE

Don't forget to tag us in your Instagram posts @wellnesslabuofc, for a chance to win some awesome prizes!

Watch a sunrise or sunset. Or get in your morning or evening sunlight viewing!	Complete the August at-home Coin Toss Circuit!	3 hours tech-free before bed or first thing in the morning
Accumulate 5 minutes of wall sit and/or plank each week	Complete a 10-minute cardio burst (e.g. dance party in your living room!)	Schedule a virtual movement date with a friend (e.g. someone from your ACE class!).

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MOVE MORE

www.ucalgary.ca/healthandwellnesslab

START HERE, GET THERE!

Health & Wellness Lab Summer 2025 Challenge

Welcome to the Health and Wellness Lab Summer 2025 "**Start Here, Get There**" Challenge!

The purpose of this challenge is to move and connect with the Health and Wellness Lab community, in a way that feels good for **YOU,** throughout the month of August. Don't forget to track your progress as we will be giving away prizes for all of your hard work!

The Challenge will run from August 1 until August 31st.

Prizes will be announced in early September!

The Details:

What: Start Here, Get There!
Who: YOU! And your friends, family, and fellow participants!
When: August 1st to 31st 2025
Where: From the comfort of your own home (or wherever you may be at the time!)
Why: To move and connect with the HWL community, in a way that feels good for you!
How: Download and save (or print) this document, and mark off the boxes on the challenge sheet at the very end of the document! The challenge is to complete the boxes throughout August in an order or completion level that is appropriate for you (there is no right or wrong, complete as many boxes as feels right for YOU!).
Prizes: In order to be entered in to win prizes, please tag us on Instagram **@wellnesslabuofc** or email us at **wellnesslab@ucalgary.ca** as you progress through the challenge. For each post that you tag us in, you will be entered an additional time in the draw for prizes to be awarded in September.

Please note that participating in the "Start Here, Get There" Challenge is completely **voluntary,** and you should assess your readiness to engage in physical activity and movement prior to beginning and prior to each new challenge.

This Challenge is designed for **YOU** to choose and do what feels good for **YOU,** so be sure to listen to your body!

Additional resources and videos for moving at home:

Website: *https://kinesiology.ucalgary.ca/labs/health-and-wellness/resources/resources-patients*

ACE 12-Week Program: https://www.youtube.com/watch?v=Gc6wh4kgc8s&list=PLMD83ZxV-CeZHuEc8iuTk9ohL_3x9bcLW

ACE 12-Week in Punjabi: https://www.youtube.com/watch?v=mCYwzcdXj2E&list=PLMD83ZxV-CebtLrPyfnKzjx5lEQRP9VbO

HWL Youtube: https://www.youtube.com/channel/UC8wzwbzmZa2jz490x4DMZeQ/featured

Thrive Manual: https://thrivehealthservices.com/survivors/free-thriver-manual/

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"Start Here, Get There" Challenge Acronyms, Abbreviations, & Explanations

What are reps?
Rep = repetitions, or the number of times you complete a specific exercise in a given set or amount of time.

So, "*for one day, every hour on the hour, complete 10 reps of your favourite exercise*" means that each hour you will choose an exercise to do 10 times. Same thing for 500 reps in August – you can choose an exercise (or however many feels right) to do 500 times throughout the month.

What is a MOVE goal?

M– What is your **motivation** to engage in this behaviour?
O–What **opportunities** do you have to engage in this behaviour?
V–Which core **values** does this goal relate to?
E–What will acheiving this goal **enhance**? (physically, mentally, emotionally, socially)

Whenever you post an activity to your Instragram, be sure to tag us **@wellnesslabuofc** to be entered into the draw for prizes. All prizes will be awarded in September, 2025.

"Start Here, Get There" Challenge: August At-Home Circuit

After a 5-minute warm-up, complete **Circuit A** 1-4x for 45-60 seconds/exercise. Then, repeat the same for **Circuit B**. Switch halfway for single limb exercises.

Circuit A

A1: Bodyweight Squat or Sit-to-Stand
A2: I's,Y's,T's or Wall Angels
A3: Single Leg Balance
A4: Cardio of Choice

Circuit B

B1: Standing Chest Press (from wall, incline)
B2: Wall Sit
B3: Seated Knee Extensions
B4: Cardio of Choice

Cardio Options:

Jumping jacks, bum kicks, high knees, speed skaters, 2 in-2 out, jog, stairs, mountain climbers, tuck jumps, dance party!

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"Start Here, Get There" Challenge:
August At-Home Circuit

COIN TOSS WORKOUT

1. Flip a coin for each number to determine which exercise you will perform (i.e 1 - squats or lunges)
2. Do the assigned exercise for 60 seconds
3. Complete 2 - 4X (your choice based on your energy level!)

HEADS	TAILS
1 - SQUATS	1 - LUNGES
2 - STANDING PUSH UP (or chest press)	2 - TRICEPS DIPS (or banded tricep press down)
3 - SINGLE LEG BALANCE	3 - TANDEM STANCE/WALK
4 - HIGH KNEES	4 - MARCHING ON THE SPOT
5 - LATERAL MONSTER WALK (or lateral leg raise)	5 - LATERAL LUNGE (or standing hamstring curl)
6 - BUTT KICKS (or hip openers)	6 - SPEED SKATERS
7 - WALL ANGELS or REVERSE FLY	7 - LAT PULLDOWN (or row)
8 - GLUTE BRIDGE	8 - PLANK (or dead bug)

☆ COMPLETE OUTSIDE, OR AT HOME! LISTEN TO YOUR BODY & MODIFY ANY EXERCISE AS NEEDED! HAVE FUN!! ☆

Website: *https://kinesiology.ucalgary.ca/labs/health-and-wellness/resources/resources-patients*

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ACE 12-Week in Punjabi: https://www.youtube.com/watch?v=mCYwzcdXj2E&list=PLMD83ZxV-CebtLrPyfnKzjx5lEQRP9VbO

HWL Youtube: https://www.youtube.com/channel/UC8wzwbzmZa2jz490x4DMZeQ/featured

Thrive Manual: https://thrivehealthservices.com/survivors/free-thriver-manual/