CITY OF SWIFT CURRENT

Wellness Challenge 2025

Weekly Challenges

Week 1: Jan. 20 - Jan. 26	**Try a new exercise this week (Exercise Resources)**
Week 2: Jan. 27 - Feb. 2	**Get Outside! Get 30 minutes of fresh air this week. Your mind and body will benefit**
Week 3: Feb. 3 - 9	**Try a new recipe this week (Canada's Food Guide)**
Week 4: Feb. 10- 16	**Practice one act of kindness this week (Acts of Kindness)**

Receive 10 points in the designated week for participating in each of the above challenges!
Have fun and try something new!

For more information, contact Dwinell at 778-1676 or d.stevenson@swiftcurrent.ca