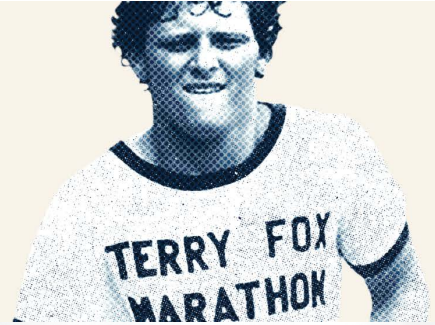


# NO MATTER WHAT



## Wellness Together

Wellness challenges are a great way to build and motivate your team.

### Share your Steps

Aim for 10,000 steps per day. Challenge your teammates to achieving a minimum step count every day.

### Good Night, Sleep Tight

Rest is as important as training. See who can shut it down and get a good nights rest every night.

### Walk Like Terry

Terry ran a marathon a day for 42 days. Challenge your team to walk every day for 42 days like Terry did.

### Build Some Muscle

Every hour, challenge your colleagues and teammates to a short session of exercise like squats, calf raises and lunges.

### Unplug and Unwind

Hold a Screen Time Challenge to encourage teammates to spend less time on a device. Why not pick up a book about Terry!

### Stretch It Out!

Share a free stretching video with your teammates and encourage them to take some time to stretch and reboot their bodies.

### Fuel your Effort

Host a healthy salad jar or smoothie making Lunch and Learn for your teammates to make meal time easy.



**THE TERRY FOX**  
FOUNDATION

For more ideas:

