

SPRING WELLNESS CHALLENGE 2021!

For many of us, spring is a time of new beginnings. The changing colors, the bloom of flowers, the green grass peeking out from the melting snow. Unfortunately, we are still in a time where it's very important to follow precautionary measures...leaving us less active than usual.

So...the staff & students at [Monsignor Haller](#), [St. Timothy](#), [St. Kateri](#) and [Blessed Sacrament](#) are being challenged to **GET MOVING** during the month of April!

All students who enter the Spring Wellness Challenge will be entered to win **weekly** prizes **AND** a chance to win the GRAND PRIZE selected from one of the participating schools!

We hope ALL students **BRING IT** to compete!

Encourage others by sharing a Tweet of your activity including [@monsignorhaller](#) and [#wcdsbawesome](#)

			Bring positive energy into the room today! & Do something you LOVE (cook your fave breakfast, write in a journal, spend time doing your fave hobby or anything that you just LOVE)	Walk for 15 minutes outdoors!
Try making a smoothie.	Offer to do a chore for someone else in your home.	Hold a Family Game Night!	Make dinner tonight for your family!	Get a GREAT night's sleep (8 hours).
Put on your "Happy" song- and turn it up!	Do some spring cleaning & donate!	Exercise together & zumba!	Clock in 15, 000 steps today!	Unplug. For a whole day Can you do it?
Spend 10 minutes today stretching. Try meditating or your own stretching exercises.	Clock in 10, 000 steps today!	Walk to school & home. Or walk to and from the bus stop.	Go for a walk on a trail with a buddy or family member.	Pay it forward. Do a good deed for someone at school.
Walk to school & home. Or walk to and from the bus stop.	SELF CARE. Do something quiet by yourself.	Slooooooow down today. Check out a YOGA video - stretch & breathe.	Stay hydrated - drink 8 glasses of water today!	

Fill out this [form](#) to let us know you are participating and we will enter your name in a draw!

Accept the challenge to have FUN and take care of yourself and your family! **KEEP YOUR SPIRITS UP HAWKS!**