

Example of Small Changes Challenge



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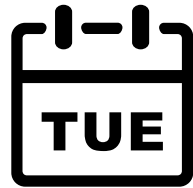


Example of the Challenge

See below for an example of what your week-long challenge from the **office** could look like:



Dedicate 10 minutes of lunch to walking outside



Dedicate 10 minutes of lunch to walking outside + **Show gratitude to a colleague**



Dedicate 10 minutes of lunch to walking outside + Show gratitude to a colleague + **Drink at least 2L of water**



Dedicate 10 minutes of lunch to walking outside + Show gratitude to a colleague + Drink at least 2L of water + **Eat a healthy breakfast**



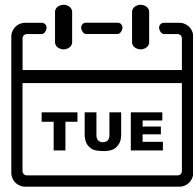
Dedicate 10 minutes of lunch to walking outside + Show gratitude to a colleague + Drink at least 2L of water + Eat a healthy breakfast + **Take 10 minutes to meditate**

Example of the Challenge

See below for an example of what your week-long challenge from **home** (remote work) could look like:



Take a 10 minute stretch break in between meetings



Take a 10 minute stretch break in between meetings + Drink at least 2L of water



Dedicate 10 minutes of lunch to walking outside + Drink at least 2L of water + Unplug for 10 minutes and turn off all digital screens



Dedicate 10 minutes of lunch to walking outside + Drink at least 2L of water + Unplug for 10 minutes and turn off all digital screens + Take 10 minutes to meditate



Dedicate 10 minutes of lunch to walking outside + Drink at least 2L of water + Unplug for 10 minutes and turn off all digital screens + Take 10 minutes to meditate + Schedule a virtual coffee break with a colleague