

## Health Olympics

. To take this challenge simple make your way through each of the boxes! Can you complete this health challenge throughout the month of July?

To complete:

- Print off this sheet
- Take each challenge
- Tick them off as you complete them.
- Share your moments of completion holding your form using #SDGchallenge #HealthOlympics

### Take the challenge – Be the change

1. **Physical** –Time to move! Take part in a park run in your local area.   
(Link for Irish park runs - <http://www.parkrun.ie/events/events/>)
2. **Mental** – Turn it off! Can you disconnect from technology and social media for one day.
3. **Emotional** – Remind yourself of how great you really are!! Get creative...
4. **Environmental** – Walk, cycle or use public transport for one day in the month.
5. **Nutritional** – Get your veggies in – eat 5 portions of fruit/veg one day in the month.
6. **Societal** – Do a good deed! Buying a coffee? Why not buy two? One for a friend.
7. **Sexual** –Let’s talk about sex baby! – grab a friend and let’s get chatting about sexual health.
8. **Spiritual** – Practice mindfulness – for 20 minutes each day for one week take time for you! Need some inspiration download the app Headspace for a free 10 day trial?

