

active ALBERTA



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The #HealthyAtHomeAB Challenge

Minister Leela Sharon Aheer of Culture, Multiculturalism and Status of Women and Erica Wiebe, Olympic athlete and the Alberta Ambassador for Sport and Active Living, know the importance of being active while staying at home to slow the spread and do our part to flatten the curve. As Albertans adapt to the current situation, they may find themselves feeling uncertain and unsure of how to stay active in this new normal, or feel unmotivated.

As a coach, community leader and volunteer ADD athlete, Erica Wiebe wants to emphasize the importance of keeping routines with children to help them develop and maintain physical literacy that can be adapted and practised while at home during the COVID-19 response. She wants Albertans to know there are tools available to support them. She stresses the importance of balance and encourages everyone to take care of their mental health, as well.

To maintain active living, Erica has challenged the minister and all Albertans to stay active by getting outside every day, getting their heart rate up for at least 15-30 minutes every day, or taking time to do some body weight exercises, such as squats, burpees or pushups, for repetitions.

Erica and Minister Aheer challenge Albertans to post their home wellness activities during COVID-19 using the hashtag #HealthyAtHomeAB. S Check out the [#HealthyAtHomeAB Video](#), take the challenge and post your routines on social media using #HealthyAtHomeAB!

Need some inspiration? Many online resources for physical activity programming at home exist – visit [Active for Life](#), [Alberta Active After School](#) or the [Be Fit For Life Network for](#) a place to start!

COVID-19 info for Albertans

Please continue to stay up to date on information on COVID-19 through Alberta.ca at <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>.



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