

## Home from Home Wellness Challenge

Take our August Wellness Challenge – designed to challenge you in honour of the challenges faced daily by the children in our care. Get people to sponsor you, and support you as you complete the #HFHchallenge. Every cent you raise will go towards providing safe, stable and loving homes for the children in our care.

Monday, 1 August



**Substitute your morning coffee for a cup of green tea for a healthier boost.**

While there is nothing wrong with starting your day off with a cup of java, green tea contains many more antioxidants, nutrients and minerals that are great for your body. Green tea is easily found at your local supermarket.

Tuesday, 2 August

**Meditate for 10 minutes.**

The constant challenges and pressures we face in the day-to-day can negatively affect our health. In as little as 10 minutes, a daily meditation practice can counteract that stress and bring you many powerful benefits. Meditation is a wonderful way to reduce stress. Not only does the practice of meditating give you some much-needed “down time” to rest physically, mentally, and emotionally, but it also directly impacts your entire nervous system. Meditation decreases oxygen consumption, heart rate, respiratory rate, and blood pressure, and increases the intensity of alpha, theta, and delta brain waves, which increase the relaxation response. If you find the idea of meditating intimidating we recommend downloading the **HeadSpace App** which will help you learn and practice simple meditation techniques on your phone.

Wednesday, 3 August

**Substitute your sugar intake for healthy alternatives such as fruit or honey.**

We know how hard it is to resist the temptation to pick up that after dinner chocolate or tuck into a warm malva pudding, but we challenge you to substitute those unnatural sugars for blueberries – which are sweet and also nutritious. Often labelled as a superfood they are low in calories and incredibly good for you. Honey is also a natural sweetener that has antibiotic properties – so take the plunge and make today a healthy sugar day.

Thursday, 4 August

**Have a technology detox and do not check your Facebook until after lunch.**

Taking a technology detox has many benefits which include improving relaxation, being more present, connecting better with others, as well as making you more productive.

We know it's hard, but it wouldn't be called a challenge if it was easy. So put your phone away and promise not to check Facebook until after lunch.

Friday, 5 August

**Treat yourself to an organic facemask.**

Did you know that you can make fantastic organic face masks using household ingredients you probably have in your kitchen at this moment? Your skin will have a healthy glow after applying this tropical mask to your face. This recipe is designed for all skin types:

**Organic Banana Face Mask Recipe:**

1. Mash one half of a banana
2. Mix in a tablespoon of orange juice and a tablespoon of honey
3. Apply to the face and keep the mixture on for 15 minutes
4. Rinse with lukewarm water and then moisturize

Saturday, 6 August

**Donate your time at a local charity of your choice.**

Doing something for someone else has the benefit of making you feel good while also showing others that kindness still exists. Look for your local charity and give them a call to find out if they have any volunteer activities you can get involved in.

Sunday, 7 August

**Get your body into a groove with a yoga practice.**

Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. It's not about physical appearance. Practicing yoga has been shown to increase mindfulness not just in class, but in other areas of a person's life.

If you are in Cape Town we recommend visiting **YogaWay** in Newlands. YogaWay has kindly offered a free yoga class to anyone participating in the challenge!

Monday, 8 August

**Ditch the cereal and replace it with a green smoothie.**

Starting the day with a green smoothie is a great way to boost your vegetable intake. On top of that, one purposely healthy action makes it more likely that you'll do other healthy things, because the human mind just loves to be consistent. So drink that green smoothie and you'll feel more inclined to try other recipes or get some exercise, too!

For some recipes **click here**.

Tuesday, 9 August

## Meditate for 20 minutes.

Continue with your Headspace journey and up the time spent meditating. The [Headspace App](#) will give you a guided meditation that will clear your head and decrease your stress levels.

Wednesday, 10 August

## Get your body into a groove with a yoga practice.

Stretch those muscles, release those endorphins and get bendy with a yoga practice.

If you are in Cape Town we recommend visiting [YogaWay](#) for a mindful yoga practice. They have a class every Wednesday for beginners at 6pm.

If you can't make it to a studio then stay at home, roll out the yoga mat and follow this simple [Yoga Practice](#) in the comfort of your own home.

Thursday, 11 August

## Today is a meat free day.

A meat-free day is a great way for individuals to reduce carbon emissions in order to slow the rate of climate change as well as protect the environment. Not only is eating less meat good for the environment but it is also good for you!

To help you on your meat free way, take a look at these [fantastic recipes](#).

Friday, 12 August

## Boost your mood and your fitness levels with a fun dance-based home workout.

Dancing is a wonderful way to exercise plus you can do it the comfort of your own home. Put on your favourite playlist and make sure to move your body!

Saturday, 13 August

## Today's mission is to declutter your junk drawer.

This is the place you store all the items you either rarely use or don't know where else to put them. The first step is to take everything out and be realistic about its use. And then purge, purge, purge.

If you are not sure why you should declutter then have a read of this useful article [5 Powerful Reasons to Declutter Your Life](#)

Sunday, 14 August

## Participating in a simple mindful drawing exercise.

Sitting in a quiet spot to colour in helps calm our overactive brains, promoting relaxation and a more peaceful headspace.

You can easily purchase a mindful drawing book from your local stationery store or you can download an image [here](#).

Monday, 15 August

## Do a random act of kindness for a friend or stranger.

Kindness makes the world go around! Today we challenge you to commit one kind act. This is a good opportunity to spread some goodwill and make an impact on someone else's life. Committing a kind act has the ability to improve your life satisfaction by increasing your sense of belonging and self-worth, improve your health by decreasing your anxiety, depression and blood pressure. Head over to [Random Acts of Kindness Official](#) page for ideas to get you started!

Tuesday, 16 August

## It's raw food day!

Today we challenge you to only eat raw foods for the entire day. It's not going to be easy, you need to prepare a wide variety of raw foods that you will enjoy.

Here are some [recipe ideas](#) to give you inspiration.

Wednesday, 17 August

## Time to get moving again!

We challenge you to go for a 30 – 40 minute walk/jog/yoga session. It is important to get your heart rate up. A 30-minute workout will help improve your heart health, as well as burn calories. If you can exercise outside even better, as exercising in nature has added benefits such as restoring your focus, helping you relax, improving cognitive function, and making you happy.



Thursday, 18 August

## Today is a Positivity Day!

It is easy to get caught up in everything that does not go right in a day, to complain about bad service or to gossip about your neighbour. But today is positivity day so be wary of your words and make a conscious effort to say positive things or nothing at all. Send good vibes, the world needs it!

Friday, 19 August

## Get your hands dirty by baking some home-baked goods.

It's time to think about others again. Today, we challenge you to try a recipe you have had your eye on and then take those delicious snacks to your local shelter or day care centre. This simple act of kindness will go a long way!



Saturday 20 August

## Get outside and do some gardening.

Gardening is a fantastic way to reconnect with nature, get away from your screen and enjoy some fresh air.

So we ask that today you plant a veggie, a herb, some flowers or a tree. If you need some assistance setting up a veggie garden we recommend [employing your own urban farmer](#) who can coach you and your garden. Let's add to nature today!

Sunday, 21 August

## Start reading an old-school paper book.

We spend so much time connected to screens, so today we dare you to ditch the tablet and your phone in favour of an old-school paper book. You will be surprised by how relaxing the paper can make you feel.

Monday, 22 August

## Reduce your impact on the environment by having a vegan day.

Try your hand at eating a vegan diet today. This will get you out of your food comfort zone and to try new recipes, as well as reduce your impact on the environment. Here is a link to some [easy vegan recipes](#) that you can try!

Tuesday, 23 August

## Go through your wardrobe and donate clothes you no longer wear.

The reduction of clutter will make you feel more peaceful, while also providing those in need with new clothes. It's a win-win!

Wednesday, 24 August

## Practice yoga.

Head to your local yoga studio and practice some downward dog! Yoga provides a fantastic opportunity to stretch those muscles while also promoting breathing and relaxation.

If your schedule does not allow you to get to an actual class, then roll out your mat and follow these perfect 20-minute home-based yoga practice videos that will ensure you still get the benefits of yoga while in the comfort of your own home.

[Watch video!](#)

Thursday, 25 August

## Set up recycling.

Recycling is an activity that every household should undertake. If you haven't already started recycling then now is your chance. You can set up recycling bins in your home or contact a local [recycling company](#) who can help you take care of this. If you already recycle then enjoy knowing you don't have a task today!

Friday, 26 August

## Make yourself an immune boosting smoothie!

Start the day with a raw vegan immune boosting smoothie. Think guavas, berries, mint and nuts! For some inspiration check out these [5 recipes](#) for immune boosting smoothies.

Saturday, 27 August

## Digital detox again.

We often reach for our phones first thing in the morning, but today is Sunday and you can relax and enforce a little less screen time. So today, we challenge you to not check your phone first thing. Read a book, write a letter, spend time with loved ones but don't check your phone until 5pm.

Sunday, 28 August

## Move your body!

You haven't moved in a while – make sure to have a 45-minute workout of your choice to keep the blood flowing and the mind healthy.

If you are in Cape Town make sure to take advantage of the last free yoga class being offered by [YogaWay](#) for all challenge participants.



Monday, 29 August

## Random act of kindness.

Reach out to someone today and offer a random act of kindness. Whether this is donating money to your favourite cause, extending a compliment or helping your neighbour with some DIY, this random act of kindness will make a huge impact on you and the receiver.

Tuesday, 30 August

## Meditate and reflect.

Your monthly challenge is almost over. Spend some time with yourself reflecting on the activities that you undertook. Which ones were easy? Which ones were difficult? And why? Please share your story and thoughts with us on the [Home from Home Facebook page](#).



Wednesday, 31 August

## Celebrate your achievement!

Congratulations on completing your 30 day Wellness Challenge! We hope this challenge has inspired you to move beyond your comfort zone. It's time to make sure that everyone's donations are in and for you to calculate the impact you have made on the lives of our vulnerable children.

