



Whole Health Challenge Calendar of Events “Today is the day I am not making any more excuses.”

For detailed information on events and presenters, please see reverse. Refreshments will be served at all events, courtesy of Calgary Co-op and Allegro Cheese.

HEALTHWAVE DIAGNOSTECHS

For more information and times for the Cardio Clinics see the info sheet included in your kit.



For more information and times for the talks presented by the Outdoor Centre-University of Calgary, please refer to the info sheet included in your kit.

January 31 - Whole Health Challenge Begins!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	FEBRUARY 1 Public skate & running track at Olympic Oval 6:30-8:10pm	2	3 Cardio Clinic - 9am-5pm Fit Families - Jenna Gagnon 6:30-7:30pm	4 Cardio Clinic 9am-5pm	5 Cardio Clinic 9am-5pm	6
WEEK 2	7 8 Cardio Clinic 9am-5pm Public skate & running track at Olympic Oval 6:30-8:10pm	9 Cardio Clinic 9am-5pm	10 Cardio Clinic - 10am-6pm Effortless Exercise - Charles Miron and Grant Molyneux 6:30-8pm	11 Cardio Clinic 9:30am-5:30pm Smoking Cessation Pfizer 7-8:30pm	12 Cardio Clinic 9am-5pm	13
WEEK 3 *Pick up Challenge #2 at your Calgary Co-op Pharmacy	14 15 FAMILY DAY	16 Cardio Clinic 9am-5pm Walking, Running & the Right Shoe - Running Room Cross Iron Mills 6-7pm	17 Intro to CrossFit Calgary (Training) 10:30-11:30am Cardio Clinic 9am-5pm	18 Intro to CrossFit Calgary (Training) 10:30-11:30am Cardio Clinic 10am-6pm	19 Cardio Clinic 10am-6pm	20 *Drop Challenge #1 at your Calgary Co-op Pharmacy
WEEK 4	21 22 Cardio Clinic 9am-5pm Public skate & running track at Olympic Oval 6:30-8:10pm	23 Cardio Clinic 9am-5pm Walking, Running & the Right Shoe - Running Room Shawnessey 6-7pm	24 Cardio Clinic 9:30am-5:30pm Intro to Natural High CrossFit (Training) 10:30-11:30am	25 Cardio Clinic 9:30am-5:30pm	26 Cardio Clinic 9am-5pm	27
WEEK 5 *Pick up Challenge #3 at your Calgary Co-op Pharmacy	MARCH 1 Cardio Clinic 9:30am-5:30pm Fall on the Fond, U of C talk 7-9pm Public skate & running track at Olympic Oval 6:30-8:10pm	2 Cardio Clinic 9:30am-5:30pm Walking, Running & the Right Shoe - Running Room Crowfoot 6-7pm	3 Cardio Clinic 9:30am-5:30pm Intro to Natural High CrossFit (Training) 6-7pm	4 Cardio Clinic 9am-5pm Founder of the Running Room & Walking Room, John Stanton 7-9pm	5 Cardio Clinic 9am-5pm	6 *Drop Challenge #2 at your Calgary Co-op Pharmacy
WEEK 6	7 8 Public skate & running track at Olympic Oval 6:30-8:10pm	9 Walking, Running & the Right Shoe - Running Room Eau Claire 6-7pm	10 Intro to CrossFit Calgary (Training) 2-3pm Motivational Talk: Rich Hesketh - Conditioning & Strengthening Coach to the Calgary Flames 3-4:30pm	11 Intro to CrossFit Calgary (Training) 2-3pm	12	13 St. Patrick's Day Run - Eau Claire Market go to www.runningroom.com for registration and more details.
WEEK 7 *Pick up Challenge #4 at your Calgary Co-op Pharmacy	14 15 Indoor Climbing - Getting Started U of C talk 7-9pm Get Comfortable with Uncomfortable with Fittest Man Alive, 2007, James FitzGerald - 6:30-8:30pm Public skate & running track at Olympic Oval 6:30-8:10pm	16	17	18 Intro to Natural High CrossFit (Training) 1-2pm	19	20 *Drop Challenge #3 at your Calgary Co-op Pharmacy
WEEK 8	21 22	23	24	25 Integrating fitness into your life - Angie Anderson 7-8:30pm	26	27
WEEK 9 *Pick up Challenge #5 at your Calgary Co-op Pharmacy	28 29	30	31 Effortless Exercise - Charles Miron and Grant Molyneux 6:30-8pm	APRIL 1 Intro to Natural High CrossFit (Training) 9-10am	2	3 *Drop Challenge #4 at your Calgary Co-op Pharmacy
WEEK 10	4 5 Hiking the West Coast Trail - U of C talk 7-9pm	6	7	8	9	10
WEEK 11 *Pick up Challenge #6 at your Calgary Co-op Pharmacy	11 12	13 The Doctor will see you now... ready for your best appointment ever? - Pfizer 7-8pm	14	15	16	17 *Drop Challenge #5 at your Calgary Co-op Pharmacy
WEEK 12	18 19 The Historic Fur Trade Highway Canoe Trip - U of C talk 7-9pm	20	21 Maintaining your Progress - Calgary Weight Management Centre 7-9pm	22	23	24 WHOLE HEALTH CHALLENGE ENDS! Submit completed Progress Chart and final challenge to your Calgary Co-op Pharmacy to be eligible for a chance to win prizes!
25	26	27	28	29	30	

May 8 -Whole Health Challenge wrap up party at the Olympic Oval