

Take the Road to Health and Wellness

brought to you by Manulife

This fun five-week journey, brought to you by Manulife, is a great way to give your own health a boost while fundraising to help beat heart disease and stroke and make every beat count.



WEEK 1: STARTING LINE MAY 1-7

Start by setting one health and wellness goal you would like to achieve in the next 5 weeks.

Special weekly Q&A session: Karen Furneaux, Olympic Sprint Kayaker & Sports Hall of Famer

Sat., May 7, 12-1 p.m. EST - [Zoom link](#)

WEEK 3: GET MOVING MAY 15-21



Try a fun new way to get active this week.

Special weekly Q&A session: Sara Hodson, President of the Fitness Council of Canada and Founder & CEO of LIVE WELL Exercise Clinic

Tues., May 17 – 1-2 p.m. EST - [Zoom link](#)

WEEK 5: GET IN THE ZONE MAY 29-JUNE 4



Stay motivated by completing your bullet-point healthy lifestyle action plan within the app.

Special weekly Q&A session: Kevin Lobo, inspirational heart disease survivor

Wed., June 1, 1-2 p.m. EST - [Zoom link](#)

HOW IT WORKS

It's easy! Download and log into the Ride for Heart mobile app and visit our challenges page to get started.

Try a new activity or healthy habit each week and earn badges for completing health and wellness challenges.

You can also connect with a life coach, a dietitian, fitness experts and person with lived experience (and win prizes!) at our weekly Q&A sessions.

Share your progress on the Road to Health and Wellness on social media using #HeartandStrokeRideAsOne

WEEK 2: FUEL UP MAY 8-14

Choose one healthy eating habit to try this week.

Special weekly Q&A session: Cara Rosenbloom, Registered Dietitian, award-winning cookbook author

Thurs., May 12, 1-2 p.m. EST - [Zoom link](#)



WEEK 4: MIND OVER MATTER MAY 22-28

Take three mindful moments this week.

Special weekly Q&A session: Tasha McRae, clinical exercise physiologist, VP at LIVE WELL Exercise Clinic

Tues., May 24 – 2-3 p.m. EST - [Zoom link](#)



SHARE YOUR HEART

Along the way, compare notes on your wellness journey and tips in our NEW Community Hub. And share your progress – and badges – on social media. Boost your health and wellness and your Ride for Heart fundraising!

#HeartAndStrokeRideAsOne
rideforheart.ca

