




JULY WELLNESS CHALLENGE

SHIFT INTO MOTION

Transform your habits, embrace movement



JULY WELLNESS CHALLENGE

SHIFT INTO MOTION

The Shift into Motion challenge encourages you to build healthier routines by making one small habit change each day, like opting for a walk instead of screen time or replacing sugary drinks with water. The aim is to move away from sedentary behaviors and establish sustainable habits that enhance energy, focus, and overall well-being.

Join in on this month's challenge through the TELUS Health One APP or [online!](#)