

The Dr. Vollant Challenge



walk 21 days and get your Medicine wheel rolling!

How can you take part in the Dr. Vollant Challenge?

- walk every day and do the wellness activity listed for each day of the calendar.
- watch the videos posted on the Dr. Vollant Challenge Facebook page to get motivated and stay informed.

SEMAINE 1 : Marcher pendant 15 minutes chaque jour

September 19	September 20	September 21	September 22	September 23	September 24	September 25
Invite your friends and family to sign up for the Dr. Vollant Challenge and you may win a visit from Dr. Vollant to your community	Go "like" the Dr. Vollant Challenge Facebook page and adopt the filter on your profile photo	Choose a meaningful object (stick, feather, etc.) that will go with you and give you energy all through the Dr. Vollant Challenge	Question 1 In a comment, answer the question on the Dr. Vollant Challenge Facebook page	Name at least one benefit of walking for your physical, mental, emotional and spiritual health	Take pictures of the beauty around you as you walk and share them on the Dr. Vollant Challenge Facebook page	To congratulate yourself for having made an effort, give yourself a gift that will do you good

SEMAINE 2 : Marcher pendant 20 minutes chaque jour

September 26	September 27	September 28	September 29	September 30	October 1	October 2
Share the fun by inviting a friend, teacher or relative to walk with you	Question 2 In a comment, answer the question on the Dr. Vollant Challenge Facebook page	Mark a minute of silence in memory of our Atikamekw sister Joyce Echaquan	Listen to Indigenous music while you walk	Share one of your dreams with someone you are close to. Place it in the Stick of One Thousand Dreams at www.puamun.com	Bring a bag and pick up litter along your route for the wellness of Mother Earth	Make bannock and share it with your family

SEMAINE 3 : Marcher pendant 25 minutes chaque jour

October 3	October 4	October 5	October 6	October 7	October 8	October 9
Question 3 In a comment, answer the question on the Dr. Vollant Challenge Facebook page	Make an energy drink and walk 5 minutes longer today	Walk in nature and be attentive to the traditional medicine of your homeland	Take time to enjoy your sense of accomplishment after physical effort. Congratulate yourself!	To calm your spirit and oxygenize your body, bring your awareness to your breath while you walk	Walk at night under the stars. It will help you dream!	Walk in the direction of the four cardinal points, remembering the importance of your body, mind, spirit and heart. Congratulations! You successfully completed the Dr. Vollant Challenge!