

WELL BEING WEEK: CHOOSE YOUR ENERGY

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Well-Being Week: Choose Your Energy (March 30 – April 2)

Join us for a week of connection, challenges, and self-care! Each day highlights a different way to boost your well-being—from connecting with others and igniting your energy, to building strength and taking time to recharge. Drop in for interactive activities, challenges, and chances to win exciting prizes while discovering what energizes you most.

☒ Monday – [Connect](#)

[Tea, Fitness & Wellness Quiz and Mindful Marks](#)

Date: Monday, March 30

Location and Time:

King - Sports Centre Lobby, 11am-3pm

Newnham - Fitness Centre Lobby, 4-6pm

Seneca@York - Recreation Lobby, 1:30-2:30pm

Description: Join us for Choose Your Energy: Connect Day—a chance to pause, connect, and enjoy wellness together. Stop by for tea and set an intention with a Mindful Mark temporary tattoo. You can also complete a fun Fitness & Wellness Quiz for a chance to win the Connect Day gift basket. Only one winner will be selected by random draw from all participants across the three campuses.

Other activities to join:

King (Fitness Centre) - Hybrid Fit, 11am-12pm

King Fitness Centre - BYOB Rucks, 1-2pm

King (Sports Centre) - Climbing Crew, 4-5:30pm

Newnham (Dome) - Women's Crew, 6-7:30pm

Seneca@York (Fitness Centre) - Small Group Training, 4-4:45pm

☒ Tuesday – [Ignite](#)

[Ignite Day Challenge](#)

Date: Tuesday, March 31

Time: 10am-5pm

Location: King, Newnham and Seneca@York Fitness Centres

Description: Get moving and join the Ignite Day Challenge for your chance to win! Complete all six quick exercises and you'll be entered into a random draw for the Ignite Day gift basket. There will be only one winner total across all three campuses.

Challenge Circuit:

1. Jumping Jacks (1 min)
2. Deah Hang (30 sec)
3. High Knees (1 min)
4. Push-Ups (30 sec)
5. Jump Squats (30 sec)
6. Plank (30 sec)

Other activities to join:

Newnham (Fitness Centre) - Kickboxing, 1-2pm

Newnham (Fitness Centre) - BEEats Dance Crew, 6:15-7:30pm

☒ **Wednesday – Strengthen**

Hollow Body Hold Challenge

Date: Wednesday, April 1

Time: 10am-5pm

Location: King, Newnham and Seneca@York Fitness Centres

Description: Take on the Hollow Body Hold Challenge and show off your core strength on our Choose

Your Energy: Strengthen Day. The top performer across all three campuses will win the Strengthen Day gift basket and ultimate bragging rights for their campus.

Other activities to join:

King (Fitness Centre) - Boxing 1-2pm

King (Fitness Centre) - ExpressFit, 2-2:45pm

Newnham (Fitness Centre) - Power Yoga, 3:30-4:30pm

Newnham (Fitness Centre) - Power & Punch-Women Only, 6:15-7:15p

Seneca@York (Gymnasium) - Women's Active, 2-3pm

King, Newnham and Seneca@York (Fitness Centre) - Push Ups Challenge

☒ **Thursday – Recharge**

Make Your Own Energy Bites

Date: Thursday, April 2

Location and Time:

King - Sports Centre Lobby, 12-1pm-[Register here!](#)

Newnham - Rec Room/B1010, 1-2pm-[Register here!](#)

Seneca@York - Recreation Lobby, 1-2pm-[Register here!](#)

Description: Get hands-on and create your own energy bites for Choose Your Energy: Recharge Day. This quick, nutritious snack is perfect for keeping your energy up throughout the day, especially when you are on the go. Registration is required. Spots are limited. Allergy Notice: This workshop recipe contains peanut butter and other nut and seed ingredients.

Chair Massages

Location and Time:

King - Sports Centre Lobby, 12-2pm

Newnham - Rec Room/B1010, 10am-12pm

Seneca@York - Recreation Lobby, 12-2pm

Description: Step away from classes and enjoy a quick drop-in chair massage! Take a few minutes to relax, recharge, and melt away stress. This event is brought to you by Athletics & Recreation in partnership with the Seneca Student Federation. No appointment needed—first come, first served!

Other activities to join:

King (Sports Centre) - Snowshoe Crew, 4-5pm

Newnham (Dome) - Running Crew, 3:30-5pm

Seneca@York (Fitness Centre) - Steppin' Crew, 4:30-5:30pm