

## Resources - Well4U Essentials

- **Resources**

- 23 ½ hours: What is the single best thing we can do for our health?  
<https://www.youtube.com/watch?v=aUalnS6HIGo>
- [23 and 1/2 hours: What is the single best thing we can do for our health? - YouTube](#)
- ParticipACTION <https://www.participaction.com>
- Self Care Tips [Health Behaviour Change Toolkit \(fountainofhealth.ca\)](https://www.fountainofhealth.ca)