

Take The Outlive Challenge:

10 easy steps to outliving homophobia.

Homophobia hurts us in many ways. Our community has higher death rates from suicide, alcoholism, illicit drug use, smoking and sexually transmitted infections—among other effects—all stemming from the negative impact of homophobia on our lives, jobs, minds and spirits. So doesn't it make sense that a great way to fight homophobia is to outlive it? What can you do? It's easy. **Take the Outlive Challenge**—ten simple steps you can start today.

- 1.** Find a queer-positive healthcare professional and see them regularly. Need more information? Check out **Outlive.ca**.
- 2.** Exercise once a week: take the stairs instead of the elevator, walk, bike, join a yoga class, sign up for a recreation league of a sport you like, take a dance class. Whatever tickles your fancy.
- 3.** Eat one more salad a week.
- 4.** Have one less alcohol beverage than you normally would have when you drink.
- 5.** Once a day, pause, and take three slow breaths that last for ten seconds each.
- 6.** Eat out at a restaurant one less time per week than you do now.
- 7.** Go to bed early one night per week.
- 8.** Watch one less hour of TV a week
- 9.** Use the Internet ten minutes less today.
- 10.** Eat or drink one less sugar drink or treat this week.