

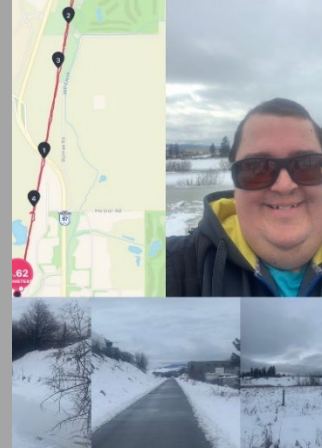
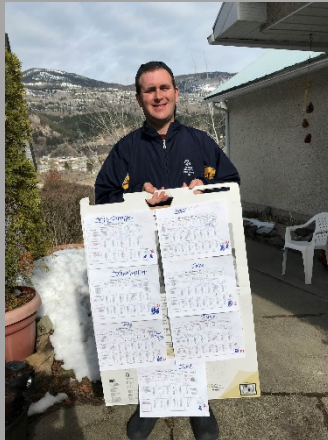
SOBC: Super Summer Wellness Challenge

Welcome to the SOBC Super Summer Challenge!

STEP #1: Register for the SOBC Super Summer Wellness Challenge.

[REGISTER HERE](#)

Check out these awesome photos of our past month challenge participants!



STEP #2: In this step, you must set two (2) goals that you would like to accomplish, over the course of this 8-week SOBC Super Summer Wellness challenge. Your goals can be about health, wellness, sports, school, personal goals, professional goals... anything you would like! You will be asked to fill out your goals upon registering!

Here are some examples to inspire you:

- ✓ I want to exercise for 20 minutes every weekday!
- ✓ I want to practice one Strong Minds technique every day of the challenge.
- ✓ I want to walk 2 kilometers per day, every day!
- ✓ I want to focus on nutrition and getting 5 servings of fruits and vegetables each day.
- ✓ I want to drink 2L of water each day!
- ✓ I want to do yoga once a week every week of the challenge!
- ✓ I want to walk a new trail once a week with a friend!

These are just a few ideas and examples of what goals could look like! But your goals should be whatever YOU want to achieve, by the end of the summer! Make sure your goal is specific (with a number in the goal), not just something like "I want to be healthier"... this is too general, and we will not be able to measure that we have achieved it. ***We want a very specific goal!***

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)



STEP #3: Read the challenge goals and guidelines.

GOALS AND GUIDELINES

The SOBC Super Summer Wellness Challenge is a 8-week challenge taking place starting July 5 and finishing on August 29. The goal for the SOBC Super Summer Wellness Challenge Calendar is to move our bodies, drink water, and get our servings of fruits and vegetables EVERY DAY for the duration of the challenge.

There are 3 categories in the challenge:

1. **Wellness:** Throughout the month, complete a healthy, active, or wellness activity **every day** for the entire month, check the box and input what activity you have done in the green wellness row. I have included a list of activities below to help you! However, you can complete ANY type of physical activity for a minimum of 20 minutes, to receive a point. Make sure to write in what you complete! You will receive 1 point for each day of wellness you complete. 1 day per week can be a rest day – where you do not do any physical activity!
2. **Nutrition:** Each day I am challenging you to eat FIVE servings of fruits and vegetables. You will receive 1 point for each day of getting 5 servings of fruits and vegetables you complete.
3. **Hydration:** Each day I am challenging you to drink FIVE 500ml glasses/bottles of water. Using this fillable template, check a box for every bottle/glass of water you have! You will receive 1 point for each day of getting 5 glasses of water you complete.

At the very end of this PDF, you will find a list of wellness activity ideas that can be used towards the **green wellness category**. This includes a variety of things like at-home workouts, walks, bike rides, healthy and fun recipes, yoga, mental health tools, and SO much more! You can use this list for ideas, or you can come up with your very own thing. Make sure to write into that calendar what you do each day! The really cool thing about this calendar is you can type right into the box of each day, to fill out what you did that day!

We will be awarding FIVE (5) SOBC Wellness Prize Packs to five (5) challenge participants!

1. One (1) will go to the top completer with the most points.
2. The other 4 winners will be done by draw. We will be drawing from all the submitted calendars. No matter how many points you got, if you completed any of the calendar and submitted it to Steph, you will be entered for the draw!
















STEP #4: Complete the fillable PDF below.

STEP #5: At the end of week #4 and week #8 (August 1 and August 29) **submit your *completed* challenge calendar to SOBC Sport Coordinator Steph Stresing ([sstresing@specialolympics.bc.ca](mailto:ssstresing@specialolympics.bc.ca) // 604-737-3081) to be entered to win one of the 5 SOBC Wellness Prize Packs!**

SOBC: Super Summer Wellness Challenge



WEEK #1: July 5th – July 11th
















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	<p>Step #1:</p> <p>REGISTER</p> <p>Click to register for the challenge. Don't forget to invite your friends and teammates!</p>	 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>			 <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>		 <p>RECOVERY is important – consider taking a REST day today!</p>	
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			<p>HYDRATION HACK!</p>  <p>Start every morning off by drinking one glass of water – before coffee, tea, or juice!</p>			<p>HYDRATION HACK!</p>  <p>Try adding healthy flavour drops to make your water tasty and fun!</p>		<p>Total Weekly Points:</p> <p>(1 point / completed day)</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

SOBC: Super Summer Wellness Challenge


















WEEK #2: July 12th – 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	 <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>	 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>		 <p>RECOVERY is important – consider taking a REST day today!</p>				
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>	<p>HYDRATION HACK!</p>  <p>Eat veggies with high water content! Cucumbers and tomatoes contain a large percentage of water!</p>					<p>HYDRATION HACK!</p>  <p>Make sure to fill a water bottle before you head out for activities to help reach your goal wherever you are.</p>		<p>Total Weekly Points:</p> <p>(1 point / completed day)</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

SOBC: Super Summer Wellness Challenge
















WEEK #3: July 19th – July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>		 <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>		 <p>RECOVERY is important – consider taking a REST day today!</p>		
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>		<p>HYDRATION HACK!</p>  <p>Drink from a straw! You're more likely to swallow more at a time when you drink from a straw compared to when you sip directly from the bottle.</p>			<p>HYDRATION HACK!</p>  <p>Make your water bottles FUN! Add stickers or pick one you LOVE. This makes you more likely to bring it wherever you go!</p>			<p>Total Weekly Points:</p> <p>(1 point / completed day)</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)
















SOBC: Super Summer Wellness Challenge



WEEK #4: July 26 th – August 1 th							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>	 <p>RECOVERY is important – consider taking a REST day today!</p>			 <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>	
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>							
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>	<p>HYDRATION HACK!</p>  <p>Drink one glass of water with each meal! This ensures you drink 2-3 glasses per day!</p>				<p>HYDRATION HACK!</p>  <p>Add lots of ice to drinks, like water, juice and smoothies, to increase water intake (and keep cool in the hot sun!)</p>		
							<p>Total Weekly Points: (1 point / complete day)</p> <p>Send in your completed week 1-4 calendar</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)
















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WEEK #5: August 2 nd – August 8 th								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		<p> TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>	<p> SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>		<p> RECOVERY is important – consider taking a REST day today!</p>			
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>		<p>HYDRATION HACK! </p> <p>Add a splash of lemon to your water to keep it flavourful and refreshing! This will help you enjoy and reach your daily goal.</p>			<p>HYDRATION HACK! </p> <p>Drink a full glass of water with any vitamins or medication you may take on a daily basis!</p>			<p>Total Weekly Points: (1 point / completed day)</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

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WEEK #6: August 9th – August 15th
















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>			 <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>		 <p>RECOVERY is important – consider taking a REST day today!</p>	
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			<p>HYDRATION HACK!</p>  <p>Add fresh or frozen fruit (like berries) to your water for a yummy flavour and a little snack when you finish all the water in the glass!</p>			<p>HYDRATION HACK!</p>  <p>Switch up the glass or bottle you regularly drink from to keep things interesting! Try a mason jar or a coffee mug!</p>		<p>Total Weekly Points:</p> <p>(1 point / completed day)</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

SOBC: Super Summer Wellness Challenge


















WEEK #7: August 16th – August 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	 <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>	 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>		 <p>RECOVERY is important – consider taking a REST day today!</p>				
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>	<p>HYDRATION HACK!</p>  <p>Eat fruit with high water content! Watermelon and grapes contain a large percentage of water!</p>					<p>HYDRATION HACK!</p>  <p>Mix a bit of juice with water to stay hydrated and enjoy a tasty flavour!</p>		<p>Total Weekly Points:</p> <p>(1 point / completed day)</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

SOBC: Super Summer Wellness Challenge



WEEK #8: August 23 rd – August 29 th								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		<p></p> <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings</p>		<p></p> <p>SUN SAFETY! Don't forget your sunscreen with SPF 30 + for outdoor activities!</p>		<p></p> <p>RECOVERY is important – consider taking a REST day today!</p>		
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			<p>HYDRATION HACK!</p>  <p>Try replacing coffee with tea to retain more of the water you are consuming!</p>			<p>HYDRATION HACK!</p>  <p>Increase the size of glass or bottle to reduce how often you have to fill up to reach your goal!</p>		<p>Total Weekly Points: (1 point / completed day)</p> <p>Send in your completed week 5-8 calendar</p>

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)



Super Summer Wellness activity idea list

*The activities listed below are **optional** and are just included here to help give you some ideas towards the wellness category of the challenge calendar! You can use these activities or write in your own! You can repeat each activity more than once over the course of the challenge! Aim to have at least 3-4 “get moving” or “yoga” activities each week. And remember to give your body a rest day once per week***

Get Moving → Activities, practices, and at-home workouts

1. **Get Moving #1** – Attend any one of your SOBC virtual/indoor/outdoor practices – this includes Virtual or in person FFF, Club Fit, track and field, Music Movers, yoga, virtual programs, dryland, etc. (make sure to write down in your calendar what you attended!)
2. **Get Moving #2** – Go out for a walk (20 - 30 mins minimum)
3. **Get Moving #3** – Go out for a run (20 - 30 mins minimum)
4. **Get Moving #4** – Go for a bike ride (20 - 30 mins minimum)
5. **Get Moving #5** – Have a 20-minute dance party to your favourite playlist!
6. **Get Moving #6** – Go outside (try your backyard!) or stay inside and practice your favourite sport – [check out the basic skills page on SOBC website](#) for some drill ideas! (30 mins)
7. **Get Moving #7** – [At-home body weight workout](#) video (34 minutes)
8. **Get Moving #8** – Level 1 of Special Olympics International’s Fit 5 videos. (40 mins)
 - ✓ Complete the [Endurance 1](#) video three times.
 - ✓ Complete the [Strength 1](#) video three times.
 - ✓ Complete the [Balance 1](#) video three times.
 - ✓ Complete the [Flexibility 1](#) video three times
9. **Get Moving #9** – Level 2 of Special Olympics International’s Fit 5 videos. (40 mins)
 - ✓ Complete the [Endurance 2](#) video three times.
 - ✓ Complete the [Strength 2](#) video three times.
 - ✓ Complete the [Balance 2](#) video three times.
 - ✓ Complete the [Flexibility 2](#) video three times
10. **Get Moving #10** – Level 3 of Special Olympics International’s Fit 5 videos. (40 mins)
 - ✓ Complete the [Endurance 3](#) video three times.
 - ✓ Complete the [Strength 3](#) video three times.
 - ✓ Complete the [Balance 3](#) video three times.
 - ✓ Complete the [Flexibility 3](#) video three time times.
11. **Get Moving #11** – [Complete the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!
12. **Get Moving #12** – [Complete another variation of the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

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13. **Get Moving #13** – Check out Special Olympics International’s [School of Strength](#) at-home training videos with WWE superstar Becky Lynch
14. **Get Moving #14** – Complete this super cool [Jenga Workout with Anytime Fitness](#) and Special Olympics!
15. **Get Moving #15** – Join [Sarah from motionball Vancouver for a great at-home body weight workout](#)
16. **Get Moving #16** – Another [workout with Sarah from Motionball Vancouver – at home body weight](#)
17. **Get Moving #17** – Another [workout with Sarah from Motionball Vancouver – at circuit!](#)
18. **Get Moving #18** – [a fourth GREAT bodyweight workout with Sarah from motionball Vancouver](#)
19. **Get Moving #19** – Complete this [full body at-home DANCE](#) workout (30 mins)
20. **Get Moving #20** – Complete this [full body at-home Cha-Cha DANCE](#) workout (30 mins)
21. **Get Moving #21** – Complete this [at-home full body workout brought to you by Alison Gaudet and Special Olympics Ontario](#) (40 mins)
22. **Get Moving #22** – Follow along with [Coach Shayla for this at-home workout](#) session (50 minutes)
23. **Get Moving #23** – Complete this awesome ENDURANCE workout with [coach Shannon from Anytime Fitness](#) (25 mins)
24. **Get Moving #24** – Complete any @ home workout of your choosing, maybe with a family member or friend (you could even do this over facetime!)
25. **Get Moving #25** – Complete this fantastic [SEATED Strength Workout with Anytime Fitness](#), grab a chair and build some muscles!
26. **Get Moving #26** – Complete this [great at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
27. **Get Moving #27** – Complete this [another at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
28. **Get Moving #28** – Complete this [third at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
29. **Get Moving #29** – Complete this [full body at-home DANCE](#) workout (30 mins)
30. **Get Moving #30** – Vacuum the house for 30 minutes!
31. **Get Moving #31** – Clean your house/room for 30 minutes!
32. **Get Moving #32** – Go outside (or stay at home) and find a set of stairs. Walk, or run, up and down the stairs for 30 minutes.
33. **Get Moving #33** – Wild Card! Any physical activity completed for a minimum of 25 minutes
34. **Get Moving #34** – Go for a **hike!** Here are links to a few different hikes around B.C.! Or make a free [AllTrails](#) account for more hikes!
 - [Kaslo River Trail](#) - 60 minute (easy) hike near Nelson (Region 1)
 - [Bear Falls](#) – 55 minute (easy) hike near Golden (Region 1)
 - [Dilworth Mountain Park](#) – 60 minute (easy) hike near Kelowna (Region 2)
 - [McGuire Lake](#) – 30 minute (easy) hike near Salmon Arm (Region 2)
 - [Sasamat Lake](#) – 60 minute (easy) hike near Coquitlam (Region 3)
 - [Cheam Lake Wetlands](#) – 60 minute (easy) hike near Chilliwack (Region 3)
 - [Iona Beach Regional Park](#) – 60 minute (easy) hike near Richmond/Vancouver (Region 4 + 5)
 - [Light House Park](#) – 20 minute (easy) hike near West Vancouver (Region 5)
 - [Light House Trail](#) – 45 minute (easy) hike near Qualicum (Region 6)
 - [Upper Goldstream Falls](#) – 90 minute (easy) hike near Victoria (Region 6)

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

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- [Oldfield Creek Hatchery Trails](#) – 45 minute (easy) hike near Prince Rupert (Region 7)
 - [War Falls](#) – 20 minute (easy) hike near Prince George (Region 7)
35. **Get Moving #37** – Rest! Give your body a day to relax. Maybe try a recipe. This can be used once per week!

Breathe → Mindfulness, yoga and mental wellness

36. **Yoga #1** – Complete [this at-home yoga for beginners' session](#) with Adriene (25 mins)
37. **Yoga #2** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
38. **Yoga #3** – Complete [this at-home yoga](#) with instructor Shelbi (30mins)
39. **Yoga #4** – [Yoga Session with Blissability Yoga](#) – standing or seated yoga (30 mins)
40. **Yoga #5** – Complete this [Chair Yoga](#) session (25 mins)
41. **Yoga #6** – Complete this [Bedtime Stretches for an amazing night's sleep Yoga Video](#) brought to you by Special Olympics Ireland
42. **Yoga #7** – Complete this [Yoga Practice lead by Heather from Special Olympics North Carolina](#) (30 mins)
43. **Yoga #8** – [Follow along with Shelbi and complete this at-home Yoga Practice!](#)
44. Complete the [Building a Routine At Home](#) template (share it with Steph for a bonus entry!)
45. Take a look at the [Mental Skills Training for SOBC Athletes](#), developed by Strong Minds Clinical Director Sarah Kiengersky
46. **Read about Good Sleep Habits** → [Practice these habits](#) and get 8 hours of sleep!

Eat! → Healthy, simple recipes, and nutrition education

1. Check out the [Sobeys Nutrition Corner](#) for tons of ideas!
2. **Recipe #1** – [Ultimate Grilled Cheese Sandwich](#) with SOO Athlete Chef Matthew Fields (15 mins)
3. **Recipe #2** – [Berry Lean Yogurt Bars](#) with SOO Athlete Chef Gohulan Rajalingam (15 mins)
4. **Recipe #3** – [Black Bean Tacos](#) with SOO Athlete Chef Val Nyhout (15 mins)
5. **Recipe #4** – Check out and make [this delicious Egg Breakfast wrap](#) recipe
6. **Recipe #5** – Check out this [quick and easy rice cake snack recipe](#)
7. Try Mixing in fruit or veggies to your 5 glasses of water today, to give it some extra flavour
8. Listen to the [Healthy Athletes Nutrition Video](#), created by SOBC – Surrey athletes Zack and Jesse! – 5 mins
9. **Recipe #6** – Follow along with Sobeys Dietitians to make a delicious [Strawberry Slushy](#)
10. **Recipe #7** – Follow along with Sobeys Dietitians to make a [Chicken, Peach, and Arugula Pizza!](#)
11. **Recipe #8** – Pick from these 4 [delicious and nutritious smoothie recipes!](#)
12. **Recipe #9** – [Overnight Oats](#)
13. **Recipe #10** – [Rainbow Fruit Skewers](#)
14. **Recipe #11** – [Fun Flatbread Pizza!](#)

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph!](#)

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15. **Recipe #12** – [Simple and Easy and Delicious Zesty Bean Dip](#)
16. **Recipe #13** – Get creative with [Banana Sushi!](#)
17. **Recipe #14** – [Good Morning Egg Roll-Up](#)
18. **Recipe #15** – [Muffin-Tin Egg Bites](#)
19. **Recipe #13** – [No-Bake Granola Bars](#)
20. **Recipes** → Check out all sorts of GREAT [recipes from Canada's Food Guide](#)
21. **Make up your own recipe and [send it to me!](#)**
22. **Health Education** – Check out the [Fit 5 Guide](#) and learn about nutrition, hydration and physical activity! [Email Steph](#) if you have any questions about the guide.

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