



Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our **Active April** wellness calendar below. Click each day's image to find your activity for the day, and stay tuned to SOBC's social media for future challenges!

If you have any question or need more tips, please feel free to contact SOBC Sport Coordinator Marlow de Paul mdepaul@specialolympics.bc.ca

ACTIVE APRIL WELLNESS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|---|
| 13 MOVE! It's motionball Monday! We have another special workout video created by our wonderful friends at motionball Vancouver! <i>Click below to follow along with the workout.</i>  | 14 TRAINER Tuesday! Let's stretch and sweat with Angela! Try this at-home workout by Special Olympics BC – Fort St. John Club Fit coach Angela! <i>Click the image to find the workout!</i>  | 15 SWEAT! Today's Workout Wednesday is an at-home body weight workout to help get you strong! Click below for a special guest! <i>Click the image to find the exercises!</i>  | 16 MOVE! The Active Athlete Alphabet is BACK, but with new actions! Click below to find out this week's words! <i>Tag us in a photo or video of you doing this workout!</i>  | 17 EAT! Click below to find a delicious healthy recipe for you to try at home! <i>Tag us in a photo of the recipe when you're done!</i>  | 18 TRAIN! Check out SOI's new School of Strength at home training videos with WWE superstar Becky Lynch! <i>Tag us in a photo or video of you doing this workout!</i>  | 19 YOGA. Focus on a healthy body and mind today! Click below to find this week's at-home yoga video options! <i>Tag us in a photo or video of you doing this workout!</i>  |


Share your at-home training photos with Special Olympics BC!
 Facebook & Instagram [@specialolympicsbc](#) Twitter [@sobcsociety](#) [#SOBCActiveApril](#)



ALL-WEEK WELLNESS CHALLENGE:

Cross off a box for every task you complete throughout the week. Take a picture of your row and share it with Sport Coordinator Marlow (mdepaul@specialolympics.bc.ca) to be entered into a draw for an athlete giveaway prize. More rows completed = more entries in the contest!

SOBC WELLNESS BINGO

| | | | | |
|---|--|---|--|---|
| Eats 5 fruits and vegetables in one day | Complete the Active April Monday Challenge | Drink 5 bottles of water in one day | Floss your teeth | Wash your hands every 3 hours for 20 seconds. Try singing the Happy Birthday song twice! |
| Vacuum, sweep, and/or mop, for 25 minutes | Eat 5 fruits and vegetables in one day | Complete the Active April Tuesday Challenge | Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!) | Drink 5 bottles of water in one day |
| Complete the Active April Wednesday Challenge | Set goals. Write two challenging, yet achievable goals you can set for yourself to complete by the end of the week |  | Complete the Active April Thursday Challenge | Draw, paint, colour, picture of something that makes you feel happy! 😊 |
| Send in a picture or video of you completing one of the challenges! (mdepaul@specialolympics.bc.ca) | Complete the Active April Sunday Challenge | Call one person you care about (family, friend, teammate, etc.) and ask them about their day! | Get 8 hours of sleep | Complete the Active April Saturday Challenge |
| Drink 5 bottles of water in one day | Eat 5 fruits and vegetables in one day | Complete the Active April Friday Challenge | Tune into "What's On Your Mind Wednesday" Facebook Live hosted by SOBC on Wednesday at 2 p.m. PT | Get your shopping list items for NEXT week's brand-new "Food with Friends on Friday" feature! |



Food with Friends on Friday! → Shopping List

On Friday, April 24, SOBC will be teaming up with motionball Vancouver to bring you a really fun Facebook Live where father-daughter duo Mike and Grace from motionball Vancouver will be preparing a recipe WITH you! Down below you will find a shopping list of ingredients you will need to follow along with Mike and Grace to prepare 2 delicious recipes. So when you are at the grocery store this week, don't forget to pick up the ingredients below in order to cook alongside Mike and Grace!

Please tune in with SOBC and motionball Vancouver on the [Special Olympics BC Facebook Page](#) on Friday April 24! Even if you can't take part in making this recipe, please come join us to hang out, share your comments, and get some recipe inspiration along the way!

The recipes will be Healthy Hummus Pizza and Chocolate Bark!

SHOPPING LIST

- ✓ One or two piece(s) of Naan bread as base
- ✓ Hummus (store-bought is fine)
- ✓ Your favourite fresh veggies (cucumber, carrot slices, red pepper, tomatoes, etc.)
- ✓ Protein (already-cooked chicken is recommended, but you can also use cooked tofu, sliced deli turkey, pepperoni – you pick!)
- ✓ Crumbled feta cheese (recommend feta, but any other cheese will do)
- ✓ Add favourite sauce such as pesto, tomato, balsamic (I usually drizzle a balsamic reduction)
- ✓ 12oz of your favourite chocolate
- ✓ Some of your favourite toppings for the chocolate bark... here are some ideas: dried fruit, nuts, pretzels



Monday April 13:

MOVE!

It's motionball Monday! We have another AMAZING workout video brought to you by our wonderful friends at motionball Vancouver! [Please click here](#) to follow along in real time with Sarah, a registered kinesiologist, who will coach you through your at-home workout!

If you have any questions for Sarah, you can talk with her via Facebook this week because she will be generously taking part in Special Olympics BC's What's On Your Mind Wednesday on April 15. Please come chat with Sarah and SOBC on Wednesday at 2 p.m. PT on the [Special Olympics BC Facebook Page](#)!

Tuesday April 14:

TRAINER Tuesday!

Let's sweat and stretch with Angela! Try [this at-home workout](#) created and run by Special Olympics BC – Fort St. John Club Fit coach Angela! This is a great low-impact and stretching workout. You don't need any equipment, and the best part is you get to follow along in real time with Angela as she encourages and coaches you through the entire thing!

BONUS! Take a photo or video of you completing this workout and tag us in it on Facebook or Instagram! Or email / text it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca / 604-737-3081)







Wednesday April 15:

SWEAT!

It's WORKOUT WEDNESDAY – follow along with Leanne Kelly, Community Development Coordinator for Region 2, to complete your workout!

For this home workout you will need:

Yourself  , a timer (watch, phone)  , a bottle of water  , a can of soup (if you have one already at home)  , and an open space!

WORKOUT WEDNESDAY

WARM-UP

[Watch Leanne](#)

- 1) 5 slow neck rolls right, 5 slow neck rolls left
- 2) 10 RIGHT arm circles backward, 10 LEFT arm circles back
- 3) 10 LEFT arm circles forward, 10 RIGHT arm circles forward
- 4) 10 hugging arms swings
- 5) 20 quad walks [\(demo\)](#)
- 6) 20 single leg walking or stationary knee hugs [\(demo\)](#)
- 7) 10 bear position rotations [\(demo\)](#)
- 8) Walk hamstring sweeps x 20 [\(demo\)](#)
- 9) 45 seconds of jumping jacks

WORKOUT

REPEAT this whole circuit 4 times

- 1. Walking lunge with a twist 24 – 24 reps (12 on each leg)**
Start with your feet together, step forward and bend both knees at the same time. Your back knee will gently tap the ground, but don't let your front knee go past your front toes. Repeat walking → [Watch Leanne here](#)
- 2. Inchworm walk-outs – 8 reps total**
Start with your feet together, reach your hands to the ground and walk your hand out until you are in a plank position, pause for 1 second then walk your hands back to your feet and stand up. Repeat → [Watch Leanne here](#)
- 3. Half squats to boxer punch – 45 seconds of this activity, 15 seconds rest**
→ [Watch Leanne here](#)
- 4. Glute bridges with 2-steamboat pause at the top – 15 reps**
Start lying on the ground, bend your knees and bring your heels to your bum. Drive your heels into the ground squeezing your bum to press your hips up, hold at the top for 2 seconds. Repeat → [Watch Leanne here](#)
- 5. Side plank from knees or toes – 20-second hold left, then 20-second hold right**
Make sure you are stiff like a board, laying on your side place your elbow on the ground and press up, so your hips lift off the ground. You can do this from your knees or toes → [Watch Leanne here](#)
- 6. Knee drive with overhead reach – 45 seconds**
→ [Watch Leanne here](#)

COOLDOWN

[Watch Leanne](#)

1. Seated hamstring
2. Seated shoulder
3. Laying quad stretch
4. Kneeling hip flexor
5. Standing chest stretch



Thursday April 16:

MOVE! Today's challenge is the Active Athlete Alphabet! See below for the details on today's workout!

| ACTIVE ATHLETE ALPHABET | | |
|---|---|--|
| A – 5 burpees B – 45-second plank C – 20 lunges (10 each leg) D – 10 sit-ups E – 5 burpees F – 10 push-ups (from toes or knees) G – 45-second wall sit H – 25 squats I – 30 sit-ups | J – 45-second plank K – 5 burpees L – 45 second wall sit M – 25 squats N – 25 squats O – 30 lunges (15 each side) P – 5 burpees Q – 20 lunges (10 each side) R – 5 push-ups (toes or knees) | S – 25 squats T – 30 lunges (15 each side) U – 40 jumping jacks V – 45-second wall sit W – 5 burpees X – 45-second plank Y – 25 sit ups Z – 25 squats |

PART 1: Using the “Active Athlete Alphabet” chart, spell out **your first name** by completing the exercise associated with each letter in the word. After completing all the exercises, rest for 2 minutes, and repeat this again.

Example: MARLOW

Exercise 1: M – 25 squats

Exercise 4: L – 45 second wall sit

Exercise 2: A – 45-second plank

Exercise 5: O – 30 lunges (15 each side)

Exercise 3: R – 5 push-ups (toes or knees)

Exercise 6: W – 5 burpees

PART 2: Using the “Active Athlete Alphabet” chart, spell out **the name of one of your teammates** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this again.

Example: DYLAN

Exercise 1: D – 10 inchworm walkout

Exercise 4: A – 45-second plank

Exercise 2: Y – 25 sit ups

Exercise 5: N – 25 squats

Exercise 3: L – 45-second wall sit

BONUS! Take a photo or video of you completing this workout and tag us in it on Facebook or Instagram! Or email / text it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca / 604-737-3081)



Friday April 17:

EAT!

Check out this GREAT healthy recipe you can make at home, with no oven required, and likely ingredients you already have in your pantry.

HOMEMADE GRANOLA ENERGY BARS

INGREDIENTS

- 1 cup nuts, such as pecans, walnuts, cashews, almonds, etc.
- 1 cup old-fashioned oats
- ½ cup raisins, OR dried cranberries
- 2 tablespoons chia seeds (optional)
- ½ teaspoon ground cinnamon
- Pinch of ground nutmeg (optional)
- ½ cup peanut butter, OR alternative nut butter
- ¼ cup honey – or maple syrup, or half and half
- 1 teaspoon pure vanilla extract

INSTRUCTIONS

1. In the bowl of a large food processor, pulse the nuts until finely ground (but stop before they start turning to nut butter). If you don't have a food processor, you can just chop the nuts VERY finely.
2. Add the oats, raisins, chia seeds, cinnamon, and nutmeg to the nuts; pulse five 1-second pulses to combine. (Again, if you don't have a food processor or blender, just chop everything finely, and combine.)
3. Add the peanut butter, honey, and vanilla to the mixture; pulse/or mix until all of the ingredients are well blended, scraping the sides of the bowl as necessary.
4. Scrape the mixture into an 8- by 8-inch baking dish; firmly press into an even layer.
5. Cover and chill for two hours or until firm. Use a knife to slice into bars. Store leftovers in an airtight container in the refrigerator.

RECIPE HIGHLIGHTS

- High in fibre, this is GREAT for our digestion and overall health
- Cinnamon and nutmeg contain antioxidants and inflammatory properties!
- No refined sugar
- Lots of healthy fats = good for lowering bad cholesterol levels and fighting inflammation



Saturday April 18:

SWEAT! For today's at-home training we're bring back School of Strength! Check out Special Olympics International's brand-new [School of Strength](#) at-home training videos with WWE superstar Becky Lynch!

Here's what you're going to need for this workout:

- A rug/towel or exercise/yoga mat
- A bottle of water
- A chair, wall, or sturdy surface you can lean on
- Enough space to spread your arms wide

Start with the warm-up video. Complete this video one time through. This is your introduction to the School of Strength. Use the stretches in this video to warm up before every workout. Warming up prepares your muscles for exercise. That helps you perform better, and keeps you from feeling sore after your workout. You'll increase your flexibility, and protect yourself from getting hurt. Let's go!

1. [Warm-Up](#)

Once you're done the warm-up, grab a sip of water and start the next video. Get ready to ignite your endurance, Superstars! These exercises help strengthen your heart and lungs. This helps you to practice or exercise longer and with fewer breaks.

2. [Endurance](#)

Great work! Grab another sip of water before we move onto part 3! Get ready to feel the burn. Work out with this video to build muscles in your back, stomach, legs, and arms. These exercises help your body stay strong and fit by building healthy bones and muscles.

3. [Strength](#)

You're almost there! Grab another sip of water, you've made it to your final challenge. Get ready to boost your balance! Balance affects everything that you do. Training with this video can improve your skills in every single sport. It even helps prevent injuries.

4. [Balance](#)

BONUS! Take a photo or video of you completing this workout and tag us in it on Facebook or Instagram! Or email / text it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca / 604-737-3081)



Sunday April 19:

BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. I wanted to give everyone two different options for yoga videos this week, depending on how you have been feeling with the yoga so far throughout the challenge. Yoga is great for our body; it works on flexibility and strength. But yoga is also great for our minds, as it helps us focus on our breathing, and keeps our minds relaxed.

Option 1 → [Chair Yoga](#)

- A GREAT option for everyone! Great for beginners and experienced athletes, and it has changes to make it harder or easier. If you have never done the yoga challenge before, try this video.

Option 2 → [Standing Yoga](#)

- A little more of a challenge, but still great for everyone! No chair used for this practice, but if you feel like you need a chair beside you for a bit of balance, that's not problem! If you have done the yoga every week of Move-It March and Active April so far, give this video a try!

BONUS! Take a photo or video of you completing this workout and tag us in it on Facebook or Instagram! Or email / text it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca / 604-737-3081)