






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 WELNESS CALENDAR


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>20</p> <p>MOVE! It's motionball Monday! We have another special workout video created by our wonderful friend Sarah at motionball Vancouver!</p> <p><i>Click below to follow along with the workout.</i></p> 	<p>21</p> <p>TRAINER Tuesday! This week on Trainer Tuesday we have the wonderful Ailsa and Elena from SOBC – Campbell River bringing you an at-home Club Fit workout!</p> <p><i>Click the image to follow the workout!</i></p> 	<p>22</p> <p>SWEAT! Today's Workout Wednesday is an at-home body weight workout to help get you strong! Click below to get the full details of this full-body workout!</p> <p><i>Click the image to find the exercises!</i></p> 	<p>23</p> <p>MOVE! Special Olympics Fit 5 is coming back to challenge you! Check out these SOI videos to help you work on strength, endurance, and flexibility!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>24</p> <p>EAT! Food with Friends on Friday! Click the image below to tune in on SOBC's Facebook Page at 10 a.m. PT and cook with Mike and Grace from motionball Vancouver!</p> <p><i>BONUS: Click here to find next week's healthy recipe too!</i></p> 	<p>25</p> <p>TRAIN! Join SOBC athlete Paige Norton and her coach/dad Tom for an at-home real-time workout! Click the image below to tune in on the SOC Facebook Page at 10 a.m. PT.</p> <p><i>If you can't tune in live, please click here to find the video recording and work out with the Nortons later.</i></p> 	<p>26</p> <p>YOGA. Focus on a healthy body and mind today! Click below to find this week's at-home yoga video options!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 

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

ALL-WEEK WELLNESS BINGO 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	Complete Week 1 of the Special Olympics Strong Minds Challenge (use a stress ball for 5 minutes every day)	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!)	Tune in to Food with Friends on Friday on SOBC's Facebook Page (FB Live at 10 a.m. PT)
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, or colour a 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	Take a break from screens. Colour and doodle! Click here for the Special Olympics colouring book created by athlete Robert Jones!	Complete the Active April Friday Challenge	Tune into What's On Your Mind Wednesday on SOBC's Facebook Page on Wednesday at 2 p.m. PT	Get your shopping list items for NEXT week's Food with Friends on Friday feature!

Food with Friends on Friday → Shopping Lists!

On Friday, April 24, at 10 a.m. PT, we're going to kick off Special Olympics BC's new **Food with Friends on Friday** Facebook Live show!

This week, SOBC is teaming up with **motionball Vancouver** on the [SOBC Facebook Page](#) to bring you motionball father-daughter duo Mike and Grace preparing a recipe WITH you! Down below you will find a reminder of this week's list of ingredients you will need to follow along with Mike and Grace to prepare 2 delicious recipes. The recipes will be Healthy Hummus Pizza and Chocolate Bark!

SHOPPING LIST – Episode 1 with Mike and Grace (April 24 @ 10 a.m. PT)

- ✓ One or two pieces 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

And to get you excited and prepared for NEXT week's Food with Friends on Friday ... On Friday May 1 at 1 p.m. PT, motionball Vancouver Co-Event Director Jaclyn will be taking you through how to make some delicious No-Bake Snack Bars! Check out the FULL shopping list of ingredients down below to get ready for next Friday's fun. Jaclyn is not only the Co-Director of the motionball Marathon of Sport Vancouver, she is also an aspiring DJ – so after you make your delicious snack bars with her on May 1, Jaclyn invites you to join her Virtual Dance Party! Turn up the volume while Jaclyn plays some of her favourite music, and dance your way into the weekend!

SHOPPING LIST – Episode 2 with Jaclyn (May 1 @ 1 p.m. PT)

- ✓ 1/4 cup coconut oil
- ✓ 2/3 cup natural peanut butter (158 g; all natural)
- ✓ 1/2 cup maple syrup (or honey also works!!)
- ✓ 1/2 teaspoon cinnamon
- ✓ 1 cup rolled oats (make sure to use rolled oats, not quick oats)
- ✓ 1 cup Rice Krispies
- ✓ 1/2 cup ground flaxseed
- ✓ 1/2 cup chocolate chips
- ✓ 1/4 cup chia seeds

Even if you can't take part in making the recipes, please come join us to hang out, share your comments, and get some recipe inspiration along the way!



Monday April 20:

MOVE!

It's motionball Monday! We have another AMAZING workout video brought to you by our wonderful friend Sarah at motionball Vancouver!

[Please click here](#) to follow along in real time with Sarah, a registered kinesiologist, who will coach you through your entire at-home workout!

BONUS! You can [click here](#) to see Sarah generously sharing more insights on last week's SOBC What's On Your Mind Wednesday Facebook Live session. Tune in to What's On Your Mind Wednesday this week on April 22 at 2 p.m. PT on the [Special Olympics BC Facebook Page!](#)

Tuesday April 21:

TRAINER Tuesday!





Let's sweat with Ailsa and Elena! Try [this at-home workout](#) created and run by Special Olympics BC – Campbell River Club Fit coaches Ailsa and Elena! This is a great at-home cardio workout. You don't need any equipment, and the best part is you get to follow along in real time with two SOBC coaches as they encourage and coach 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 22:

SWEAT! It's **WORKOUT WEDNESDAY** – follow along with Marlow de Paul, Sport Coordinator, 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 or a dumbbell or anything heavy)  , a wall, a chair/couch, and an open space!

WORKOUT WEDNESDAY

<p>WARM-UP</p> <p>Watch Marlow</p>	<ol style="list-style-type: none"> 1) Neck Rolls – 5 Right, 5 Left 2) Arm Circles – 10 Forward, 10 Back 3) Jog – 30 sec (running or on the spot) 4) Skipping – 30 sec (travelling or on the spot) 5) Side-to-Side Shuffles – 6 Reps (3 shuffles right tap ground, 3 shuffles left tap ground = 1 rep) 6) Lunge and Reach – 6 each side 7) Airplanes – 6 each side 8) Down Dog Calf Stretch – 6 each side
<p>WORKOUT</p> <p>Watch Marlow</p>	<p>A1. Barefoot Single Leg Balance – 30 seconds on each leg A2. Barefoot Single Leg Balance – Spelling your name with the other leg → Completes TWO rounds of CIRCUIT A before moving onto “B”</p> <p>B1. Split Squat – 10 each leg B2. Glute Bridge – 10 with 1 steam PAUSE at the top position B3. Front Planks (from elbows or palms, knees or toes, or on a chair)– 25 seconds B4. Spring Angels – 10 reps → Complete 3 rounds of CIRCUIT B before moving onto “C”</p> <p>C1. Lateral (Sideways) Lunge – 10 each leg, switching legs each time C2. Single Leg Pyramid Deadlift – 10 each leg C3. Downward Dog Toe Taps – 20 total taps C4. Push-ups (from knees, toes, ground, chair or wall) – 8-10 reps → Complete 3 rounds of CIRCUIT C before moving onto “D”</p> <p>D1. Calf Raises (on wall, away from wall, or holding weight) – 12 reps with pause at top D2. Wall Sit – 30 seconds → Complete 3 rounds of CIRCUIT D before moving onto your cooldown!</p>
<p>COOLDOWN</p> <p>Watch Marlow</p>	<ol style="list-style-type: none"> 1. Runners Lunge – 30 seconds each side 2. Cross body Shoulder Stretch – 30 seconds each arm 3. Downward Dog – 30 seconds, pump your heels 4. Cobra – 3x10seconds 5. Childs Pose – 30 seconds



Thursday April 23: MOVE!

Let's jump into Special Olympics International's Fit 5 at-home training videos. Grab your bottle of water, find some open space, and follow along with your fellow athletes to complete all of the Level 3 Fit 5 videos.

Starting with ENDURANCE, let's build our heart rates and warm up our bodies. Complete the Endurance 3 video FOUR times.

1. [Endurance](#)

Once you've done endurance FOUR times.... Secondly, STRENGTH. Repeat the Strength 3 video FOUR times.

2. [Strength](#)

Finally, FLEXIBILITY! Complete the Flexibility 3 video FOUR times!

3. [Flexibility](#)

Way to go! Remember to grab some water, and maybe finish this workout off by doing your [Strong Minds Daily Challenge!](#)

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 24:

EAT!

Tune in on [SOBC's Facebook Page](#) THIS Friday, April 24, at 10 a.m. PT for the FIRST episode of Food with Friends on Friday!

This week SOBC is 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 reminder of this week's shopping list of ingredients you will need to follow along with Mike and Grace to prepare 2 delicious recipes. The recipes will be Healthy Hummus Pizza and Chocolate Bark!

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- ✓ 12oz of your favourite chocolate
- ✓ Some of your favourite toppings for the chocolate bark... here are some ideas: dried fruit, nuts, pretzels

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!

Saturday April 25:

TRAIN!

Join Special Olympics BC – Abbotsford athlete Paige Norton and coach Tom Norton for an at-home real-time workout via Facebook Live! Tune in on the [Special Olympics Canada Facebook Page](#) at 10 a.m. PT on Saturday April 25. Let's all join them on the SOC Page and support our fellow SOBC athlete and coach!

If you can't tune in live, [please click here](#) to find the video recording and complete your workout with the Nortons later in the day.

BONUS! Take a photo or video of you completing this workout and tag SOBC 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 26:

BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. I have added a new piece to our Yoga Sundays: In addition to this week's standing yoga practice, let's all try a short meditation video!

[Meditation](#) – Give this guided meditation video a try today. Meditation is great to keep our minds calm, relaxed, and focused! Sit down, make sure you are comfortable, turn on the video, and just listen along!

[Yoga](#) – This standing yoga is wonderful for yogis of all abilities! 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.

Have you seen the new [Take 5 for Strong Minds Challenge](#) from Special Olympics International? It's now included in the SOBC Wellness Bingo card too. Don't forget to complete your daily Strong Minds Challenge activity after your yoga practice!

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)