


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](mailto:mdepaul@specialolympics.bc.ca)


## ACTIVE APRIL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>27</b></p> <p><b>MOVE!</b> 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><b>28</b></p> <p><b>TRAINER Tuesday!</b> Join Special Olympics Canada strength coach Steve Topham for a GREAT workout, live on the SOC Facebook Page at 11 a.m. PT.</p> <p><i>If you can't tune in live, <a href="#">please click here</a> to find the video recording and work out with the Steve later.</i></p> 	<p><b>29</b></p> <p><b>SWEAT!</b> Today's Workout Wednesday is an at-home body weight workout to help get you strong! Click below to get the full details!</p> <p><i>BONUS! Today is #internationaldanceday, so turn on your favourite song and show everyone how Special Olympics athletes stay fit AND connected through the joy of dance!</i></p> 	<p><b>30</b></p> <p><b>MOVE!</b> Join Special Olympics Canada strength coach Steve Topham for a GREAT workout, live on the SOC Facebook Page at 11 a.m. PT.</p> <p><i>If you can't tune in live, <a href="#">please click here</a> to find the video recording and work out with the Steve later.</i></p> 	<p><b>1</b></p> <p><b>EAT!</b> Food with Friends on Friday! Click the image below to tune in on SOBC's Facebook Page at 1 p.m. PT and cook with Jaclyn from motionball Vancouver!</p> <p><i>BONUS: <a href="#">Click here</a> to find next week's healthy recipe too!</i></p> 	<p><b>2</b></p> <p><b>TRAIN!</b> 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><b>3</b></p> <p><b>YOGA.</b> 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> 

## 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](mailto: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 2 of the Special Olympics <u>Strong Minds Challenge</u> (thinking positive thoughts)	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 <a href="#">SOBC's Facebook Page</a> (FB Live at 1 p.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! ( <a href="mailto:mdepaul@specialolympics.bc.ca">mdepaul@specialolympics.bc.ca</a> )	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
Complete the Building a Routine at Home Template, and share a photo! ( <a href="mailto:mdepaul@specialolympics.bc.ca">mdepaul@specialolympics.bc.ca</a> )	Take a break from screens. Colour and doodle! <a href="#">Click here</a> 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 <a href="#">SOBC's Facebook Page</a> 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, May 1, at 1 p.m. PT, we're BACK with episode 2 of Special Olympics BC's **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 Marathon of Sport Vancouver Co-Event Director Jaclyn, who will be taking you through how to make delicious No-Bake Snack Bars! Check out the FULL shopping list of ingredients down below to get ready for 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! The video will be available to watch after the live is over, at any time!***

And to get you excited and prepared for NEXT week's Food with Friends on Friday ... On Friday May 8, **motionball Kelowna's** Donnie will be taking you through how to make TWO delicious recipes! Donnie is actually a professional chef and will be showing us how to make homemade bread from scratch, as well as a delicious stir fry PACKED with veggies! Check out the FULL shopping list of ingredients down below to get ready for next Friday's fun.

### SHOPPING LIST – Episode 3 with Donnie (May 8 – time to be announced)

- ✓ Red pepper
- ✓ Carrot
- ✓ Onion
- ✓ Ginger
- ✓ Garlic
- ✓ Broccoli
- ✓ Cooked chicken breast
- ✓ Salt
- ✓ Soya sauce

- ✓ Sugar
- ✓ Cornstarch
- ✓ Ginger
- ✓ Garlic
- ✓ Brown rice

Bread:

- ✓ White flour
- ✓ Yeast


# Building a Routine at Home





Try using this template to fill out your daily tasks and goals, and make a plan for your day!


MY DAILY PLAN	
8:00 a.m.	
9:00 a.m.	
10:00 a.m.	
11:00 a.m.	
12:00 p.m.	
1:00 p.m.	
2:00 p.m.	
3:00 p.m.	
4:00 p.m.	
5:00 p.m.	
6:00 p.m.	
7:00 p.m.	
8:00 p.m.	
9:00 p.m.	
10:00 p.m.	


THINGS I WOULD LIKE TO ACCOMPLISH TODAY <i>(include 2 goals; e.g. drinking 5 glasses of water)</i>	
<i>Examples: clean my bedroom, call a friend, make healthier food choices, complete my workout</i>	
✓ Goal 1:	
✓ Goal 2:	


BREAKFAST 


LUNCH 

DINNER 

SNACKS 

5 glasses of water
 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

5 fruit and veggies:
 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Today's workout:
 <input type="checkbox"/>



## Monday April 27:

### 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!

Way to go! Remember to grab some water, and finish off this workout by doing week 2 of your [Strong Minds Daily Challenge](#): thinking positive thoughts!

*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 29 at 2 p.m. PT on the [Special Olympics BC Facebook Page](#)!*

## Tuesday April 28:

### TRAINER Tuesday!

Are you ready to get 1 per cent better every day? Special Olympics Team Canada's official strength & conditioning coach, Steve Topham, is launching a 10-week functional workout program for Special Olympics athletes of all levels and their families, coaches, and supporters!





Tune in and join Steve on [Special Olympics Canada's FACEBOOK LIVE](#) this Tuesday at 11 a.m. PT. (If you can't join him live, [please click here](#) to find the link to the workout later.) Learn how to squat, lunge, push up, plank, and jump your way to improving your athletic performance.

Way to go! Remember to grab some water, and finish off this workout by doing your week 2 [Strong Minds Daily Challenge](#) exercise!

*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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)*

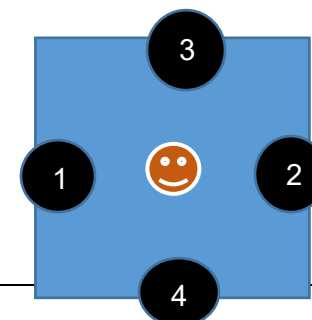
## Wednesday April 29:

**SWEAT!** It's WORKOUT WEDNESDAY – follow along with SOBC Sport Manager Helen Cheung 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)  and a wall!

### WORKOUT WEDNESDAY

<p><b>WARM-UP</b></p>	<ol style="list-style-type: none"> <li>1) Jog – 30 seconds (running or on the spot)</li> <li>2) Skipping – 30 seconds (travelling or on the spot)</li> <li>3) Lateral Bum Kicks &amp; High Knees – 10 metres side to side for 30 seconds (bum kicks and high knees but moving side to side no forward and back)</li> <li>4) Neck Rolls – 5 right, 5 left</li> <li>5) Arm Circles – 10 forward, 10 back</li> <li>6) Bodyweight Squat – 10 reps</li> <li>7) Standing Side Bend – 8 each side</li> <li>8) Knee Hugs – 8 each leg</li> <li>9) Down Dog Calf Stretch – 6 each side</li> </ol>
<p><b>WORKOUT</b></p>	<p><b>A1.</b> Seated Arm Drives – 15 seconds <a href="#">Example</a></p> <p><b>A2.</b> Barefoot Lateral Single Leg Hops – hop right, land and pause, hop left land and pause = 1. Perform 10 reps <a href="#">Example</a>  <b>→ Take 1-2 minutes rest. Complete THREE rounds of CIRCUIT A before moving on to “B”</b></p> <p><b>B1.</b> Forward Lunge with Overhead Press at top of the lunge –10 each leg (start with feet together, holding soup cans at shoulders, lunge forward and drive back up, then once standing perform overhead press, repeat on other leg.)</p> <p><b>B2.</b> Seated Russian Twists (using no weight, or soup can or dumbbell) <a href="#">Example</a></p> <p><b>B3.</b> Superman’s – 10 reps, with a 2 second pause at the top <a href="#">Example</a>  <b>→ Take 1-2 minutes rest. Complete THREE rounds of CIRCUIT B before moving on to “C”</b></p> <p><b>C1.</b> Bodyweight Squat (or use dumbbell/can of soup in front squat position) – 12 reps</p> <p><b>C2.</b> Inchworm Walkouts to Plank Hold (add shoulder taps to make it tougher) for 1 second – 8 total reps <a href="#">Example</a></p> <p><b>C4.</b> Soup Can or Dumbbell Row and Fly <a href="#">Example</a>  <b>→ Take 1-2 minutes rest. Complete THREE rounds of CIRCUIT C before moving on to “D”</b></p> <p><b>D. Agility Practice</b></p> <ul style="list-style-type: none"> <li>- Gather 4 cans from your pantry (water bottles, mugs or cups or cones work too).</li> <li>- Set them up like this. Cans should be two JUMBO steps away from you (smiley in middle).</li> <li>- Place a soup can at each edge of this square.</li> <li>- Start a timer for 1 minute, you are the smiley face, start in the middle in an athletic stance.</li> <li>- I want you to shuffle LEFT to position 1, then back to the middle.</li> <li>- Then shuffle RIGHT to position 2 then back to the middle.</li> <li>- Then jog forward to position 3 then back to the middle.</li> </ul>



	<ul style="list-style-type: none"><li>- Then backpedal to position 4, then back to the middle.</li><li>- Do this for 45 seconds. REPEAT 3 TIMES</li></ul>
<b>COOLDOWN</b>	<ol style="list-style-type: none"><li>1. Figure 4 laying on your back – 30 seconds each leg</li><li>2. Seated hamstring, with other leg bent – 30 seconds each leg</li><li>3. Seated cross-body shoulder stretch – 30 seconds each side</li><li>4. Quad stretch (using the wall to balance) – 30 seconds each leg</li><li>5. Chest stretch on the wall – 30 seconds each side</li></ol>

**BONUS!** Today (April 29) is #INTERNATIONALDANCEDAY!

Special Olympics has the best dance parties, so we are inviting **EVERYBODY** to join our #InternationalDanceDay social activation! Join us today to show the world how the Special Olympics movement stays fit AND connected through the joy of dance. Even though we are physically distancing, everybody can choose to include by inviting people of all abilities to **come together on social media for a worldwide day of connection!**

Want to get involved? Follow these steps!

- Record a 30-second video of yourself dancing to your favorite music – you can dance solo, or invite family and friends that you are physically distancing with to join in the fun!
- Share your video on your favorite social platform on **April 29**
- Tag @SpecialOlympics and @specialolympicsbc (Facebook and Instagram) or @sobcsociety (Twitter) and use #InternationalDanceDay and #InclusiveHealth
- Tag your friends and invite them to post their #InternationalDanceDay video



## Thursday April 30:

### MOVE!

Are you ready to get 1 per cent better every day? Special Olympics Team Canada's official strength and conditioning coach, Steve Topham, is launching a 10-week functional workout program for Special Olympics athletes of all levels and their families, coaches, and supporters!

Tune in with Steve on [Special Olympics Canada's FACEBOOK LIVE](#) this Tuesday at 11 a.m. PT. (If you can't join him live, [please click here](#) to find the link to the workout later.) Learn how to squat, lunge, push up, plank, and jump your way to improving your athletic performance.

## Friday May 1:

### EAT!

Tune in this week, SOBC is teaming up with **motionball Vancouver** on the [SOBC Facebook Page](#) to bring you motionball Marathon of Sport Vancouver Co-Event Director Jaclyn, who 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 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!***



## Saturday May 2:

### TRAIN!

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 4 Fit 5 videos.

Starting with ENDURANCE, let's build our heart rates and warm up our bodies. Complete the Endurance 4 video FOUR times.

1. [Endurance](#)

Once you've done endurance FOUR times.... Secondly, STRENGTH. Repeat the Strength 4 video FOUR times.

2. [Strength](#)

Finally, FLEXIBILITY! Complete the Flexibility 4 video FOUR times!

3. [Flexibility](#)

Way to go! Remember to grab some water, and finish this workout off by doing week 2 of 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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)*

## Sunday May 3:

### BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. 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 – Give any of these GREAT yoga videos a try. 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.

[Chair Yoga](#) – Try this video if you are new to yoga, or maybe after a long week of workouts you want a slower yoga practice.

[Standing Yoga](#) – This is great yoga video if you want more of a challenge, but maybe your body is still getting used to some of the yoga poses.

[Yoga](#) – if you've been doing yoga throughout the SOBC weekly challenges, or you take part in yoga already, or you just want to challenge yourself, give this yoga video a try!

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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)*