

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 WELNESS CALENDAR


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>6</b></p> <p><b>MOVE!</b> It's motionball Monday! We have a special workout video brought to you by our wonderful friends at motionball Vancouver! Click below follow along with the workout.</p> 	<p><b>7</b></p> <p><b>TRAINER Tuesday!</b> Let's sweat with Shayla! Try this at-home workout created by Special Olympics BC – Kelowna Club Fit coach Shayla!</p> <p><i>Click the image to find the workout!</i></p> 	<p><b>8</b></p> <p><b>SWEAT!</b> Today's Workout Wednesday is an at-home body weight workout to help get you strong! Click below for a special guest!</p> <p><i>Click the image to find the exercises!</i></p> 	<p><b>9</b></p> <p><b>MOVE!</b> The Active Athlete Alphabet is BACK! Click below to find out this week's words!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p><b>10</b></p> <p><b>EAT!</b> Click below to find a delicious healthy recipe for you to try at home!</p> <p><i>Tag us in a photo of the recipe when you're done!</i></p> 	<p><b>11</b></p> <p><b>SWEAT!</b> Today's at-home workout is a great cardio-based workout to improve your stamina!</p> <p><i>Click below to find the workout!</i></p> 	<p><b>12</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> 

Share your at-home training photos with Special Olympics BC!  
Facebook & Instagram [@specialolympicsbc](https://www.facebook.com/specialolympicsbc) Twitter [@sobcsociety](https://twitter.com/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](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	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! ( <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
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	Floss your teeth



## Monday April 6:

### MOVE!

It's motionball Monday! We have a special 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!

## Tuesday April 7:

### TRAINER Tuesday!

Let's sweat with Shayla! Try [this at-home workout](#) created and run by Special Olympics BC – Kelowna Club Fit coach Shayla! This workout is a great one, you need zero equipment, and you get to follow along in real time with Shayla 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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)*



## Wednesday April 8:

### WORKOUT WEDNESDAY

For this home workout you will need: yourself, a timer, a bottle of water, a chair, a set of stairs (if you have them at home), and an open space!

<p><b>WARM-UP</b></p>	<ol style="list-style-type: none"> <li>1) Walk up and down the stairs at home 3 times (up and down is 1). If you don't have stairs at home, do knee drives for 2 minutes.</li> <li>2) 10 shoulder shrugs forward, 10 shoulder shrugs back.</li> <li>3) 10 arm swings forward on your right, then 10 on your left. 10 arm swings back on your right, then 10 on your left.</li> <li>4) 10 arm-hugging swings.</li> <li>5) 10 hamstring sweeps on each side.</li> <li>6) 10 squats to a comfortable range of motion.</li> <li>7) 10 bunny hops forward, 10 bunny hops back.</li> <li>8) 15-second balance on your right leg, 15-second balance on your left leg.</li> </ol> <p><a href="#">Complete the warm-up with SOBC Community Development Coordinator Sydney Hall</a></p>	<p><b>REPEAT 1 TIME</b></p>
<p><b>WORKOUT</b></p>	<p><b>1A. Single Leg Forward Step Ups on the Stairs or to any Sturdy Object (6-10 inches high) → 10 on each leg</b> → <a href="#">Watch an example</a></p> <p><b>1B. Push-Ups on Stairs (if you don't have stairs you can do this on a chair) → 8-10 reps</b> → <a href="#">Watch an example</a></p> <p><b>2A. Single Leg Sideways Step Downs on the Stairs or to any Sturdy Object (6-10 inches high) → 10 on each leg</b> → <a href="#">Watch an example</a></p> <p><b>2B. Soup Can Bent Over Row and Soup Can Reverse Fly</b> → <a href="#">Watch an example</a></p> <p><b>3A. Standing Chair Sideways Leg Raises → 12 reps on the right leg, then 12 reps on the left leg</b> → <a href="#">Watch an example</a></p> <p><b>3B. Seated Knee Tucks from Chair → 12 total with a 1-second pause at the top</b> → <a href="#">Watch an example</a></p> <p><b>4A. Bunny Hops forward and back, for 30 seconds, rest for 30 seconds → <a href="#">Watch an example</a></b></p> <p><b>4B. Do the Chicken Dance! → <a href="#">Watch an example</a></b></p>	<p><b>COMPLETE 1A/1B 4 TIMES</b></p> <p>then move on...</p> <p><b>COMPLETE 2A/2B 4 TIMES</b></p> <p>then move on...</p> <p><b>COMPLETE 3A/3B 4 TIMES</b></p> <p>then move on...</p> <p><b>COMPLETE 4A/4B 2 TIMES</b></p>
<p><b>COOLDOWN</b> Walk for 2 minutes then complete these stretches.</p>	<ol style="list-style-type: none"> <li>1. Hamstring stretch – hold for 30 seconds on each side</li> <li>2. Quad stretch – hold for 30 seconds on each side</li> <li>3. Cross-body arm stretch – hold for 30 seconds on each side</li> <li>4. Over-the-head triceps stretch – hold for 30 seconds on each side</li> </ol> <p><a href="#">Watch Sydney</a></p>	



## Thursday April 9:

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

ACTIVE ATHLETE ALPHABET		
A – 45-second plank	J – 45-second plank	S – 30 seconds of high knees
B – 50 jumping jacks	K – 15 air squats	T – 30 lunges (15 each side)
C – 10 lunges	L – 45 second wall sit	U – 40 jumping jacks
D – 10 inchworm walkouts	M – 25 squats	V – 45-second wall sit
E – 30 lunges	N – 25 squats	W – 5 burpees
F – 10 push-ups (from toes or knees)	O – 30 lunges (15 each side)	X – 50 jumping jacks
G – 20 arm circles	P – 15 arm circles	Y – 25 sit ups
H – 25 squats	Q – 45-second plank	Z – 25 squats
I – 30 jumping jacks	R – 5 push-ups (toes or knees)	

**PART 1:** Using the “Active Athlete Alphabet” chart, spell out **your last 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: DEPAUL

**Exercise 1: D** – 10 inchworm walkouts

**Exercise 4: A** – 45-second plank

**Exercise 2: E** – 30 lunges (15 each side)

**Exercise 5: U** – 30 lunges (15 each side)

**Exercise 3: P** – 15 arm circles

**Exercise 6: L** – 45 second wall sit

**PART 2:** Using the “Active Athlete Alphabet” chart, spell out **the name of one of your coaches** 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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)



## Friday April 10:

### 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.

## No-Bake Oatmeal Energy Balls

Try this delicious no-bake Energy Ball recipe! An added bonus, there are six variations so you can include whatever is your favourite, or whatever you have in your pantry! Start with this easy base recipe, then add any of your favorite mix-ins. See mix in notes for nut butter and sweetener suggestions!

### Ingredients

#### ENERGY BALL BASE:

- 1 1/4 cups rolled oats — *you can also swap quick oats or a blend of half quick, half old fashioned, gluten free, whatever you have on hand!*
- 2 tablespoons "power mix-ins" — *chia seeds, flaxseeds, hemp seeds, or additional rolled oats*
- 1/2 cup nut butter of choice — *peanut butter, cashew butter, almond butter, sunflower seed butter*
- 1/3 cup sticky liquid sweetener of choice — *honey or maple syrup*
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- "**MIX-IN**" of your choice! — *see below for flavor options*

#### "MIX-IN" FLAVOUR OPTIONS (chose one option for each recipe batch):

- **Classic chocolate chip:** any nut butter — *honey, 1/2 cup chocolate chips*
- **Trail mix:** peanut butter — *honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins*
- **White chocolate cranberry:** almond butter — *or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chip*
- **Almond joy:** replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes — *almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds*
- **Double chocolate:** any nut butter — *any sweetener, 1/2 cup mini chocolate chips, add 2 tablespoons cocoa powder*
- **Oatmeal raisin cookie:** almond butter — *or cashew butter, maple syrup, 1/2 cup raisins, add 1/4 teaspoon cinnamon*

### Instructions

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.
2. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
3. Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter.) Enjoy!

### Recipe Notes

- Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
- For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.



## Saturday April 11:

### SWEAT!

Today's low impact [at-home workout](#) is a great no-equipment cardio-based workout to improve your stamina! Cardio exercise is extremely important as an athlete, but it also helps to keep our hearts healthy!

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## Sunday April 12:

### 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!

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