



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>30</p> <p>TRAIN! Check out SOI's new School of Strength at home training videos with WWE superstar Becky Lynch!</p> 	<p>31</p> <p>MOVE with Matteo! Try out this at-home workout created by Burnaby Club Fit coach Matteo!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>1</p> <p>TRAIN! Today's Workout Wednesday is an at-home body weight workout to help get you strong!</p> <p><i>Click the image to find what the exercises!</i></p> 	<p>2</p> <p>MOVE! 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>3</p> <p>EAT! Click below to find out your Healthy Eating Activity for the day!</p> <p><i>Tag us in a photo of the recipe when you're done!</i></p> 	<p>4</p> <p>SWEAT! Today's at-home workout is a great cardio-based workout to improve your stamina!</p> 	<p>5</p> <p>YOGA. Focus on a healthy body and mind today! Complete this at-home yoga video!</p> 


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



ALL-WEEK WELLNESS ACTIVITY:

Cross off a box for every task you complete throughout the week. Take a picture of your row and share it with Health 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!
Get 8 hours of sleep	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 a picture of something that makes you feel happy! 😊
Floss your teeth	Complete the Active April Sunday Challenge	Write in a journal today – write about how you felt, what you did, and something you'd like to accomplish tomorrow	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	Write down two wins/successes you've had this week that you feel really proud about	Floss your teeth



Monday March 30:

TRAIN! 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! Or email it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca)

Tuesday March 31:


SOBC – Burnaby Club Fit Coach Matteo has created and recorded an awesome workout for everyone to do at home! Grab a yoga mat and/or towel and a bottle of water, and get ready to [MOVE with MATTEO!](#)

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 1:

WORKOUT WEDNESDAY

For this home workout you will need: Yourself , a timer (watch, phone) , a bottle of water , a chair, and an open space!

WARM-UP	1) 10 arm circles forward 2) 10 arm circles backward 3) 10 arm hugging swings 4) 30 seconds high knees 5) 15 jumping jacks 6) 15 squats	REPEAT 2 TIMES
WORKOUT	<p>1A. Body Weight Split Squats → 15 on each leg Take a small step forward with one leg, proceed to bend both knees at the same time and slowly lower down into a lunge. Your knee should LIGHTLY tap the floor before you drive and push back up. Do all reps on one leg, then reset and switch to the other side. → Watch an example</p> <p>1B. Push-Up from Knee → 12 reps Perform this from your knees to start, then move to your toes if you feel you can. → Watch an example</p> <p>2A. Body Weight Box Squats/Chair Squats → 15 reps Standing a small step away from a chair with your feet shoulder width apart, begin to squat down towards the chair. At the bottom should LIGHTLY tap the chair with your bum, not sit down completely. Once you've tapped the chair, drive back up into standing. → Watch an example</p> <p>2B. Bear Lift → repeat 4 times for 10-second hold each time Start on the ground on all fours. Place your wrists under your shoulders, knees under hips. Back should be flat like a table. With your toes curled under, press into your toes and raise your knees 1 inch off the floor – hold for 10 seconds, pretend you are a statue at the museum. → Watch an example</p> <p>3A. Chair or Table Triceps Dips → 12 reps → Watch example</p> <p>3B. Supermans → 12 with a 1-second pause at the top Start by lying on your stomach with your arms straightened up over head, and feet extended back. Squeeze your arms and legs up off the ground like you are superman flying through the air. Hold for a 1-second pause at the top, and then repeat. → Watch example</p> <p>4A. Forward punches for 45 seconds, rest for 15 seconds → Example</p> <p>4B. High Knees for 45 seconds, rest for 15 seconds → Example</p>	<p>COMPLETE 1A/1B 4 TIMES</p> <p>then move on...</p> <p>COMPLETE 2A/2B 4 TIMES</p> <p>then move on...</p> <p>COMPLETE 3A/3B 4 TIMES</p> <p>then move on...</p> <p>COMPLETE 4A/4B 4 TIMES</p>
COOLDOWN Walk for 2 minutes then complete these stretches.	1. Hamstring stretch – hold for 30 seconds on each side 2. Quad stretch – hold for 30 seconds on each side 3. Cross-body arm stretch – hold for 30 seconds on each side 4. Over-the-head triceps stretch – hold for 30 seconds on each side	



Thursday April 2:

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 the name of your favourite Special Olympics sport 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: SOCCER

Exercise 1: S – 30 seconds of high knees

Exercise 4: C – 10 lunges

Exercise 2: O – 30 lunges (15 each side)

Exercise 5: E – 30 lunges

Exercise 3: C – 10 lunges

Exercise 7: R – 5 push-ups (toes or knees)

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 3:

EAT! I want you to get creative and make your very own healthy snack with the food you have at home! However, make sure it includes at least a fruit or vegetable!

BONUS: Share your recipe on Instagram or Facebook, tagging SOBC, or email or text it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca / 604-737-3081)

Saturday April 4:

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

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 5:

BREATHE. Give this [yoga video](#) a try for today's workout. This is a great video 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.

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)