

Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our **Jump into June** 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


JUMP INTO JUNE - WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>MOVE! It's motionball Monday! We have another special workout video created by our wonderful friend Sarah from motionball Vancouver!</p> <p><i>Click below to follow along with the workout.</i></p> 	<p>2</p> <p>TRAINER Tuesday! 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, please click here to find the video recording and work out with the Steve later.</i></p> 	<p>3</p> <p>SWEAT! Today's Workout Wednesday is an exciting new at-home workout brought to you by SOI and celebrity trainer Shannon Decker!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>4</p> <p>TRAIN! 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, please click here to find the video recording and work out with Steve later.</i></p> 	<p>5</p> <p>EAT! Give your body a rest, and refuel today with a customizable snack recipe. Click the icon and enjoy!</p> <p><i>Bonus: Join in SOI's Strong Minds-fulness Friday! You must click here to register in advance in order to access this free online mindfulness session.</i></p> 	<p>6</p> <p>MOVE! The Active Athlete Alphabet is BACK, with a new warm-up, new exercises, and new challenges! 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>7</p> <p>BREATHE. Focus on a healthy body and mind today! Click below to join Shelbi for this week's yoga session!</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) to be entered into a draw for an athlete giveaway prize. More rows completed = more entries in the contest!

SOBC WELLNESS BINGO

Try a new vegetable this week!	Complete the Jump into June Monday Challenge	Draw, paint, or colour a picture of something that makes you feel happy! 😊	Register and participate in SOI's Strong Minds-fulness Friday on May 29 @ 11 a.m. PT!	Tune into one of the virtual Club Fit workouts by SOBC coaches – details on the last page of this calendar!
Vacuum, sweep, and/or mop for 25 minutes	Register for one of your Region's upcoming Health Forums (Mental Wellness or Healthy Eating)	Complete the Jump into June Tuesday Challenge	Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)	Set and write down 2 goals for this week.
Complete the Jump into June Wednesday Challenge	Participate in the Virtual Law Enforcement Torch Run for Special Olympics BC!	 Special Olympics British Columbia	Complete the Jump into June Thursday Challenge	Spend 15 minutes stretching. Make sure to hold each stretch for at least 30 seconds.
Send in a picture or video of you completing one of the challenges! (mdepaul@specialolympics.bc.ca)	Complete the Jump into June Sunday Challenge	Call one person you care about (family, friend, teammate, etc.) and ask them about their day!	Try one new thing! This could be painting, playing hacky sack, listening to a new song, something you've never done before!	Complete the Jump into June Saturday Challenge
Complete the Building a Routine at Home Template , and share a photo! (mdepaul@specialolympics.bc.ca)	Take a break from screens. Colour and doodle! Click here for the Special Olympics colouring book created by athlete Robert Jones!	Complete the Jump into June Friday Challenge	Tune into What's On Your Mind Wednesday on SOBC's Facebook Page on Wednesday at 2 p.m. PT	Try something new! This can be a recipe, hobby, activity – anything that is brand-new to you!



Monday June 1:

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!

BINGO ENTRY 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)

Tuesday June 2:

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 leading 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](#) on 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.

BINGO ENTRY 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 June 3:

SWEAT! It's WORKOUT WEDNESDAY and we've got another awesome workout for you to try! Jump into part two of this great [workout created for Special Olympics athletes by celebrity trainer Shannon Decker](#). This equipment-free at-home workout is sure to build your heart rate, get you moving, and keep you strong!

BINGO ENTRY 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)

Thursday June 4:

MOVE! Tune in with Special Olympics Team Canada strength and conditioning coach Steve Topham again on [Special Olympics Canada's FACEBOOK LIVE](#), coming to you Thursday 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.

BINGO ENTRY 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 June 5: EAT!

This week I am challenging you to try and create your very own Overnight Oats recipe at home. I have included some inspiration and recipe ideas below! Feel free to try out your own combination! Make sure to take a picture and share it with us on Facebook, Instagram, Twitter, or email your recipe to mdepaul@specialolympics.bc.ca!

OVERNIGHT OATS

Preparation:

- Place all ingredients in a jar or container.
- Cover tightly and shake vigorously.
- Refrigerate for 8 hours (overnight). Keeps up to 3 days in refrigerator.

Tips:

- Varying the texture of the overnight oats is as easy as changing the type of oats used: large flakes, quick, or steel cut. Avoid instant oats as they tend to result in mushy consistency.
- For additional texture and flavour, add nuts or seeds to the overnight oats just before eating (this keeps them crunchy)!

Recipe Ideas:

CHOCOLATE PEANUT BUTTER	SUPER STRAWBERRY	BANANA COCONUT	APPLE SPICE
<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - ½ cup milk or alternative - 1/3 cup vanilla yogurt (or plain) <p>Fruit and flavours</p> <ul style="list-style-type: none"> - 2 tbsp dried date, chopped - 1 tbsp cocoa - 2 tbsp peanut butter, creamy or crunchy - 1 tsp vanilla extract 	<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - ½ cup milk or alternative - 1/3 cup strawberry or vanilla yogurt <p>Fruit and flavours</p> <ul style="list-style-type: none"> - ½ cup sliced strawberries - 1 tsp vanilla extract <p>- Try topping with almonds when enjoying this in the morning</p>	<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - 1/3 cup milk or alternative - 1/3 cup coconut yogurt <p>Fruit and flavours</p> <ul style="list-style-type: none"> - ½ banana, mashed - 1 tsp vanilla extract - 2 tbsp shredded coconut, unsweetened <p>- Try topping with walnuts when enjoying this in the morning</p>	<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - 1/3 cup milk or alternative - 1/2 cup vanilla yogurt <p>Fruit and flavours</p> <ul style="list-style-type: none"> - ¼ cup unsweetened applesauce - ¼ cup diced apple - 1 tsp vanilla extract - 1 pinch cinnamon and nutmeg

BINGO ENTRY BONUS! Take a photo or video of you holding your creation 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)

Saturday June 6:

MOVE! Back by popular demand, today's challenge is the Active Athlete Alphabet! See below for the details on today's workout!

ACTIVE ATHLETE ALPHABET		
A – 5 burpees	J – 25-second front plank	S – 25 squats
B – 50 boxer punches	K – 5 burpees	T – 10 inchworm walkouts
C – 20 lunges (each leg)	L – 45-second wall sit	U – 40 jumping jacks
D – 10 sit-ups	M – 15 superman's	V – 45-second wall sit
E – 30 seconds jumping jacks	N – 25 squats	W – 5 burpees
F – 10 push-ups (from toes or knees)	O – 30 down dog toe taps	X – 45-second plank
G – 45-seconds of high knees	P – 5 burpees	Y – 25 sit ups
H – 25 squats	Q – 20 lunges (10 each side)	Z – 25 squats
I – 15-second side plank, each side	R – 5 push-ups (toes or knees)	

PART 1: Warm up with SOBC – Oceanside Local Coordinator and Club Fit coach Jacquie Cameron

[Click here and follow along with Jacquie's awesome warm-up video!](#) Make sure to leave a comment thanking Jacquie for this awesome warm-up! This is only 5 minutes, and so important to get warm before we work out!

PART 2: Using the "Active Athlete Alphabet" chart, spell out **your coach's name** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds.

T – 25-second front plank

E – 5 burpees

Y – 5 burpees

R – 5 push-ups (toes or knees)

L – 25 squats

x 3

PART 3: Using the "Active Athlete Alphabet" chart, spell out **your name and an adjective that describes you AND begins with the same letter** by completing the exercise associated with each letter in the word. Complete the ADJECTIVE, take 2 minutes, and then complete your name! Do this TWICE. **Example: Marvelous Marlow**

MARVELOUS, 2 mins rest, MARLOW, 2 mins rest, MARVELOUS, 2 mins rest, MARLOW

DONE!

PART 4: 5 minutes of stretching to cool down. You pick the stretches, hold them for 30 seconds each.

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)

Jump into June 2020

**Special
Olympics**
British Columbia



Sunday June 7:

BREATHE.

We're back for some more Yoga and Mindfulness this Sunday! We have a very special guest who has come back to offer the SOBC athletes some more yoga! Join Shelbi Snodgrass (200 hour registered yoga instructor) in [this calm, stretchy, and mindful yoga video](#) to finish off this GREAT week of workouts.

Check Shelbi out on [the SOBC Facebook page](#) for more great yoga videos!

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)

Right now there are a lot of awesome virtual workout and wellness events happening online throughout the Special Olympics family. We've compiled a few from our province and country in the table below, for optional ways to join the fun together live!

STAY CONNECTED – What's happening this week!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Jump into June Weekly Calendar Launch – Special Olympics BC Facebook Live @ 12 p.m. PT <i>Join SOBC – Oceanside athlete Shayne Blandin and SOBC staff Marlow de Paul and Megan Pollock to launch this week's Jump into June calendar!</i></p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>2</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p>	<p>3</p> <p>What's On Your Mind Wednesday – SOBC Facebook Live @ 2 p.m. PT <i>Come chat with SOBC – Coquitlam athlete Ariel Taylor, Oak Bay Police Sergeant Sheri Lucas, and SOBC Sport Coordinator Jean Tetarenko!</i></p> <p>Wellness Wednesday with Sobey's Dieticians – SOC Facebook Live @ 9 a.m. PT Find the ingredients</p> <p>SOBC – Kelowna Facebook Live Workout with coach Shayla @ 10 a.m. PT</p> <p>SOBC – Fort St. John Facebook Live Workout with coach Angela @ 5:30 p.m. PT</p>	<p>4</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p> <p>SOBC – Campbell River Facebook Live Workout with Club Fit coaches Ailsa and Elena @ 4 p.m. PT</p> <p>SOBC – Kimberley/ Cranbrook Facebook Live Golf Training with coach Misty @ 6 p.m. PT</p>	<p>5</p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p> <p>SOI Strong Mindfulness @ 12 p.m. PT You must register here in order to have access to the Friday session</p>

For more optional opportunities, please visit the [Special Olympics Healthy at Home website](#) to find virtual events from across Canada and North America!