

Jump into June 2020

**Special
Olympics**
British Columbia



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
15 MOVE! It's motionball Monday! We have another special workout video created by our wonderful friend Sarah from motionball Vancouver! <i>Click below to follow along with the workout.</i> 	16 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. <i>If you can't tune in live, please click here to find the video recording and work out with the Steve later.</i> 	17 SWEAT! On Workout Wednesday, give this awesome at-home inclusive dance workout a try! Grab your water bottle and boogie with this video for dancers of all levels! <i>Tag us in a photo or video of you doing this workout!</i> 	18 TRAIN! Join Special Olympics Canada strength coach Steve Topham for a GREAT workout, live on the SOC Facebook Page at 11 a.m. PT. <i>If you can't tune in live, please click here to find the video recording and work out with Steve later.</i> 	19 EAT! Have some fun with our delicious flatbread pizza recipes! Get creative and try out all sorts of topping combinations! <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> 	20 MOVE! The Active Athlete Alphabet is BACK, with a great warm-up, new exercises, and new challenges! Click below to find out this week's words! <i>Tag us in a photo or video of you doing this workout!</i> 	21 BREATHE. Focus on a healthy body and mind today! Click below to join Shelbi for episode 3 of the mindful yoga series she has created for the SOBC community! <i>Tag us in a photo or video of you doing this workout!</i> 

Facebook & Instagram [@specialolympicsbc](#) Twitter [@sobcsociety](#) [#SOBCJumpIntoJune](#)

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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 your feel happy! 😊	Register and participate in SOI's Strong Minds-fulness Friday on June 19 @ 12 p.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 an upcoming SOBC Virtual Health Forum (Mental Wellness and 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	Rehearse the SOBC Virtual Dance Party feature dance created by Ashlee Davidson		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!	Tune in to Wellness Wednesday with Sobeys and Special Olympics Canada on Wednesday at 9 a.m. PT	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, or activity – anything that is brand-new to you!

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Monday June 15:

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 16:

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 17:

SWEAT! It's WORKOUT WEDNESDAY and we've got another awesome workout for you to try! Jump into this [awesome at-home Inclusive Dance Fitness For All video](#). This workout is perfect for dancers of all levels and abilities! Grab your water bottle and get ready to boogie!

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 18:

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 19: EAT!

Today's challenge is a delicious and easy at-home healthy recipe! I challenge you to make this Fresh & Fun Flatbread Pizza. Get creative and try out all sorts of topping combinations! Bonus challenge: Try adding a vegetable you've never had on pizza before! Don't forget to share your pizza recipe with me! (mdepaul@specialolympics.bc.ca)

Fresh & Fun Flatbread Pizza <i>Makes 4 servings</i> Prep Time: 5 minutes Cook Time: 8 minutes		
INGREDIENTS: <ul style="list-style-type: none">✓ 4 small whole grain flour tortillas✓ 1/4 cup pasta sauce✓ 1 tsp Italian seasoning✓ 1 clove garlic, minced✓ 1 small red bell pepper, chopped✓ 3/4 cup chopped fresh mushrooms✓ 1/4 cup chopped lean roasted turkey✓ 1 cup shredded mozzarella✓ 2 tbsp. chopped fresh parsley, optional✓ You can add any toppings you would like!	DIRECTIONS: <ol style="list-style-type: none">1. Place tortillas on large baking sheet in a single layer; set aside.2. In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.3. Bake in preheated 200°C (400°F) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.	TIPS <ul style="list-style-type: none">- Brainstorm ideas for toppings. Zucchini, corn, pineapple, the sky's the limit.- Make extra pizza to have for lunch the next day.- Want to make this recipe vegetarian? Just leave out the turkey.- Choose healthy ingredients and try using less of the ingredients that are high in added sodium, sugars, or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Click here to watch the recipe video: <https://youtu.be/dnPUagTQxYY>



Saturday June 20:

MOVE! 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 favourite sport to watch or play** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds.

H – 25 squats

K – 5 burpees

O – 30 down dog toe taps

E – 30 seconds jumping jacks

C – 20 lunges (each leg)

Y – 25 sit ups

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. Try and be creative, use a DIFFERENT adjective than you did last month.

Example: Magnificent Marlow

MAGNIFICENT, 2 mins rest, **MARLOW**, 2 mins rest, **MAGNIFICENT**, 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)

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Sunday June 21:

BREATHE.

Yoga is an important part of any athlete's routine. So we are back for episode three of Yoga and Mindfulness with our very special guest Shelbi Snodgrass! 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)

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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
15 Jump into June Weekly Calendar Launch – Special Olympics BC Facebook Live @ 12 p.m. PT <i>Come help kick off this week's challenges, AND this week learn the feature dance for the SOBC Virtual Dance Party! Creator Ashlee Davidson will be with us to show us the moves!</i> SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT	16 Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more	17 What's On Your Mind Wednesday – SOBC Facebook Live @ 2 p.m. PT <i>Come chat with SOBC athletes, staff, and special guests!</i> Wellness Wednesday with Sobeys Dieticians – SOC Facebook Live @ 9 a.m. PT Find the ingredients SOBC – Kelowna Facebook Live Workout with coach Shayla @ 10 a.m. PT SOBC – Fort St. John Facebook Live Workout with coach Angela @ 5:30 p.m. PT	18 Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more SOBC – Campbell River Facebook Live Workout with Club Fit coaches Ailsa and Elena @ 4 p.m. PT SOBC – Kimberley/Cranbrook Facebook Live Golf Training with coach Misty @ 6 p.m. PT	19 SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT SOI Strong Mindfulness @ 12 p.m. PT You must register here in order to have access to the Friday session

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