

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>22</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>23</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>24</p> <p>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!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>25</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>26</p> <p>EAT! Have some fun with our delicious and easy Carrot Potato Pancake recipe! Get creative and try out all sorts of toppings!</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>27</p> <p>MOVE! The Active Athlete Alphabet is BACK, with a great warm-up, new exercises, and new challenges! Click here 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>28</p> <p>BREATHE. Focus on a healthy body and mind today! Click below to join Shelbi for episode 4 of the mindful yoga series she has created for the SOBC community!</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

With the warm weather approaching, hydration is KEY! Try mixing fruit into your water 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-fullness Friday on June 26 @ 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!)	Join the SOBC Virtual Dance Party on June 25 @ 5 p.m. PT (Register here!)
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 @ 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 @ 2 p.m. PT	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!



Monday June 22:

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 23:

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 24:

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 25:

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 26: EAT!

Today's challenge is a delicious and easy at-home healthy recipe! I challenge you to make this yummy Carrot Potato Pancake recipe. Get creative and try out all sorts of topping combinations! Don't forget to share your pancake recipe with me! (mdepaul@specialolympics.bc.ca)

Carrot Potato Pancakes

Makes 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

- ✓ 4 eggs
- ✓ 500 mL (2 cups) finely grated carrot
- ✓ 500 mL (2 cups) finely grated potato
- ✓ 15 mL (1 tbsp) finely grated onion
- ✓ 30 mL (2 tbsp) whole wheat flour
- ✓ 2 mL (½ tsp) baking powder

DIRECTIONS:

1. Beat eggs in a large bowl. Stir in carrot, potato, onion, flour, and baking powder. Mix well.
2. Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat.
3. Using 125 mL (½ cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until light golden brown. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.

TIPS

- Get creative with this recipe and swap out the grated carrot for grated zucchini instead. Squeeze out the water with your hands before adding to the egg mixture.
- Make now and enjoy later. Layer pancakes between wax or parchment paper and freeze for up to 2 weeks. Warm through in the microwave for a quick breakfast.
- For a kick of flavour, add pepper to taste and serve with low-fat sour cream or lower fat plain yogurt.
- 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 goes a long way.

Saturday June 27:

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 – 15 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 colour** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds.

Example: ORANGE

O – 30 down dog toe taps

N – N – 15 squats

R – 5 push-ups (toes or knees)

G – 45-seconds of high knees

A – 5 burpees

E – 30 seconds jumping jacks

PART 3: Using the “Active Athlete Alphabet” chart, spell out **your birth month** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds.

Example: JANUARY

J – 25-second front plank

A – 5 burpees

A – 5 burpees

N – 15 squats

R – 5 push-ups (toes or knees)

U – 40 jumping jacks

Y – 25 sit ups

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

Jump into June 2020

**Special
Olympics**
British Columbia



Sunday June 28:

BREATHE.

Yoga is an important part of any athlete's routine. So we are back for episode four 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)

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>22</p> <p>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 practice the feature dance for the SOBC Virtual Dance Party with inclusive dance educator Ashlee Davidson!</i></p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>23</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p>	<p>24</p> <p>What's On Your Mind Wednesday – SOBC Facebook Live @ 2 p.m. PT <i>Come chat with SOBC athletes, staff, and special guests!</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>25</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>26</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!