



Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our **SOBC Summer Sweat** 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

SOBC SUMMER SWEAT – Wellness Calendar


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>29</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>30</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>1</p> <p>HAPPY CANADA DAY! We have a <i>special edition</i> of the ACTIVE ATHLETE ALPHABET. Click below to reveal your workout works of the day!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>2</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>3</p> <p>EAT! Have some fun with this delicious and easy Ultimate Mixed Bean Salad recipe! Get creative and add in whatever you would like!</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>4</p> <p>TRAIN! Check out SOI's School of Strength at-home training videos with WWE superstar Becky Lynch!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>5</p> <p>BREATHE. Focus on a healthy body and mind today! Yoga is a key part of every athlete's routine. Click below to follow along to your choice of yoga video!</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 SOBC Summer Sweat 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 July 3 @ 12 p.m. PT!	Tune into one of the virtual Club Fit workouts by SOBC coaches – details on the last page of this calendar!
Clean your room today! A clean space means a calm mind.	Your final chance to register for this round of SOBC Virtual Health Forums (Mental Wellness and Healthy Eating)	Complete the SOBC Summer Sweat Tuesday Challenge	Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)	Summer is here and so is the SUN! UV rays are powerful. Watch this video about sun safety!
Complete the SOBC Summer Sweat Wednesday Challenge	Try the gratitude practice created for SOBC by Mental Performance Coach Scott Donald		Complete the SOBC Summer Sweat 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 SOBC Summer Sweat Friday Challenge	Call one person you care about (family, friend, teammate, etc.) and ask them about their day!	Complete the Building a Routine at Home Template , and share a photo! (mdepaul@specialolympics.bc.ca)	Complete the SOBC Summer Sweat Saturday Challenge
Check out the Fit 5 Guide. Try reading one section!	Take a break from screens. Colour and doodle! Click here for Colour with Kindness sheets from Person First!	Complete the SOBC Summer Sweat Sunday Challenge	Check out these coping strategies created by Mental Performance Consultant Keltie Sommer	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!

Monday June 29:

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 30:

TRAINER Tuesday! Join Special Olympics Team Canada's official strength and conditioning coach Steve Topham for functional workouts on Facebook Live, every Tuesday and Thursday at 11 a.m. PT on [Special Olympics Canada's Facebook Page!](#) All of these at-home, equipment-free workouts are designed benefit athletes of any level. Athletes will learn how to squat, lunge, push up, plank, and jump in all three planes of motion, to improve athletic performance as well as things we do every day.

Starting June 30, Steve's focus for the next five weeks will be summer sports! Each session will include a circuit focused on sport-specific training. But all athletes are welcome, no matter what sports you do! First up will be swimming.

Please tune in live, or [check back here](#) for the links to all recordings!

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 July 1:

HAPPY CANADA DAY! Let's MOVE! Today's challenge is a VERY special edition of the Active Athlete Alphabet! See below for the details on today's workout!

ACTIVE ATHLETE ALPHABET		
A – 25 seconds jumping jacks	J – 25-second front plank	S – 25 squats
B – 30 boxer punches	K – 5 burpees	T – 10 inchworm walkouts
C – 5 inchworm walkouts	L – 45-second wall sit	U – 40 jumping jacks
D – 10 sit-ups	M – 5 inchworm walkouts	V – 45-second wall sit
E – 20 bicycle crunches	N – 15 superman's	W – 5 burpees
F – 10 push-ups (from toes or knees)	O – 20 lunges (10 each side)	X – 45-second plank
G – 45-seconds of high knees	P – 5 burpees	Y – 25 sit ups
H – 10 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: Sing Oh Canada while you warm up with SOBC – Oceanside 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 **something you love about Canada** (maple syrup, bears, beavers, Canada Geese, the seasons, animals, the province you were born in, anything you would like to celebrate about Canada) by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds. **Example: BEARS**

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|-------------------------------------|---------------------------------------|
| B - 30 boxer punches | R - 5 push-ups (toes or knees) |
| E - 20 bicycle crunches | S - 25 squats |
| A - 25 seconds jumping jacks | |

PART 3: Using the "Active Athlete Alphabet" chart, spell out **OH CANADA** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this once more, for a total of TWO rounds.

- | | |
|--------------------------------------|-------------------------------------|
| O – 20 lunges (10 each side) | N – 15 superman's |
| H – 10 squats or chair squats | A – 25 seconds jumping jacks |
| C – 5 inchworm walkouts | D – 10 sit-ups |
| A - 25 seconds jumping jacks | A – 25 seconds jumping jacks |

****As always, feel free to make this workout your own by adding/adjusting the rounds!****

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

BINGO ENTRY BONUS! BONUS POINT IF YOU WEAR RED AND WHITE FOR THIS WORKOUT and 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 July 2:

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 July 3:

EAT!

Today's challenge is a delicious and easy at-home healthy recipe! I challenge you to try this recipe for the Ultimate Mixed Bean Salad! Get creative and add in whatever you would like!

ULTIMATE MIXED BEAN SALAD

Makes 8 servings

Prep Time: 5 minutes
Cook Time: 15 minutes

INGREDIENTS

- 227 g (8 oz) green beans, trimmed
- 227 g (8 oz) yellow beans, trimmed
- 250 mL (1 cup) shelled soy beans (edamame)
- 1 can (540 mL/19 oz) sodium-reduced chickpeas, drained and rinsed
- 2 stalks celery, thinly sliced
- 2 green onions, sliced
- 1 large red bell pepper, chopped
- 60 mL (1/4 cup) apple cider vinegar
- 15 mL (1 tbsp) Dijon mustard
- 15 mL (1 tbsp) canola oil
- 2 mL (1/2 tsp) fresh ground pepper
- 60 mL (1/4 cup) each chopped fresh basil and parsley or mint

DIRECTIONS

1. In a saucepan of boiling water, cook green and yellow beans and soy beans for 3 minutes. Drain well and rinse under cold water to chill. Cut green and yellow beans into 5 cm (2 inch) pieces. Set bean mixture aside.
2. Meanwhile, in a large bowl, combine chickpeas, celery, green onions, and red pepper. Add bean mixture to bowl.
3. In a small bowl, whisk together vinegar, mustard, oil, and pepper. Pour over bean mixture and toss to coat. Add basil and parsley and toss again.

TIPS

- You choose the beans. If you prefer, use all green beans or all yellow beans.
- If shelled soy beans are not available, use lima beans or 250 mL (1 cup) of your favourite sodium-reduced canned bean, drained and rinsed.
- This salad keeps on giving. Make ahead, cover, and refrigerate for up to two days. Pair some salad with a handful of cheese and crackers for a quick and easy lunch.



Saturday July 4:

TRAIN! Check out Special Olympics International's [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)



Sunday July 5:

BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. Yoga is a key piece in every athlete's routine! 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. Today we have 3 yoga options for you to choose from, based on how you are feeling today – complete any one of these great videos:

[Chair Yoga](#) – Try this video if you are new to yoga, or maybe after a long week of workouts you want a slower yoga practice.

[Standing Yoga](#) – This is great yoga video if you want more of a challenge, but maybe your body is still getting used to some of the yoga poses.

[Yoga](#) – if you've been doing yoga throughout the SOBC weekly challenges, or you take part in yoga already, or you just want to challenge yourself, give this yoga video a try!

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. Here are 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>29</p> <p>Summer Sweat Weekly Calendar Launch – Special Olympics BC Facebook Live @ 12 p.m. PT <i>Come help kick off this week’s challenges, and hear from SOBC – Richmond athlete and Health Messenger Sandra Malku!</i></p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>30</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p>	<p>1</p> <p>HAPPY CANADA DAY!</p> <p>(SOBC What’s On Your Mind Wednesday Facebook Live will be back on July 8!)</p>	<p>2</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p> <p>SOBC – Kimberley/ Cranbrook Facebook Live Golf Training with coach Misty @ 6 p.m. PT</p>	<p>3</p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p> <p>SOI Strong Minds-fulness @ 12 p.m. PT <i>You must register in advance here in order to have access to the Friday session.</i></p>

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