

Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our **May in Motion** 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

MAY IN MOTION - WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11</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>12</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>13</p> <p>SWEAT! Today's Workout Wednesday is an at-home body weight workout to help get you strong! Click below to get the full details!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>14</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 the Steve later.</i></p> 	<p>15</p> <p>EAT! Give your body a rest, and refuel today with one of the four delicious, healthy and nutrient-packed smoothie recipes linked down below!</p> <p><i>Give this recipe a try, and send us a photo of the finished product!</i></p> 	<p>16</p> <p>MOVE! The Active Athlete Alphabet is BACK, but 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>17</p> <p>YOGA. Tune into SOBC's Facebook Page at 11 a.m. PT for a Live Yoga Workout and pre/post-yoga chat with special guests Matt and Shelbi!</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

Eats 5 fruits and vegetables in one day	Complete the May in Motion Monday Challenge	Drink 5 bottles of water in one day	Complete Week 4 of the Special Olympics Take 5 for Strong Minds Challenge (strong stretching)	Wash your hands every 3 hours for 20 seconds. Try singing the Happy Birthday song twice!
Vacuum, sweep, and/or mop, for 25 minutes	Eat 5 fruits and vegetables in one day	Complete the May in Motion Tuesday Challenge	Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)	Post a comment or question during the May in Motion FB Live yoga practice on SOBC's Facebook Page (Sunday at 11 a.m. PT)
Complete the May in Motion 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 May in Motion Thursday Challenge	Draw, paint, or colour a picture of something that makes you feel happy! 😊
Send in a picture or video of you completing one of the challenges! (mdepaul@specialolympics.bc.ca)	Complete the May in Motion 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 May in Motion 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 May in Motion Friday Challenge	Tune into What's On Your Mind Wednesday on SOBC's Facebook Page on Wednesday at 2 p.m. PT	Tune in to Wellness Wednesday with Sobey's and Special Olympics Canada on Wednesday at 8 a.m. PT



Monday May 11:

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!

Way to go! Remember to grab some water, and finish off this workout by doing your daily [strong stretching](#) exercise for week 4 of the [Take 5 for Strong Minds challenge](#)!

Tuesday May 12:

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.

Way to go! Remember to grab some water, and finish off this workout by doing your daily [strong stretching](#) exercise for week 4 of the [Take 5 for Strong Minds challenge](#)!

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 May 13:

SWEAT! It's WORKOUT WEDNESDAY – follow along with SOBC Sport Coordinator Chris Delahunty to complete your workout!

For this home workout you will need: yourself , a timer (watch, phone) , a bottle of water , a can of soup  (if you have one already at home – if not, you can use a dumbbell or anything heavy), and a wall!

WORKOUT WEDNESDAY

<p>WARM-UP Watch Chris</p>	<ol style="list-style-type: none"> 1) Jog – 30 seconds (running or on the spot) 2) Skipping – 30 seconds (travelling or on the spot) 3) Neck Rolls – 5 right, 5 left 4) Arm Circles – 10 forward, 10 back 5) Bodyweight Squat – 10 reps 6) Standing Side Bend – 8 each side 7) Lunge and Reach – 6 each side 8) Inchworm Walkouts – 5
<p>WORKOUT Watch Chris Circuit A Watch Chris Circuit B Watch Chris Circuit C</p>	<p>A. Barefoot Single Leg Hops</p> <ol style="list-style-type: none"> 1. Hop straight up, land, the landing should be soft and controlled and should hold for 2 seconds = 1 rep. Perform 10 reps on right and left. 2. Hop right, land and pause, hop left, land and pause = 1. Perform 10. <p>COMPLETE CIRCUIT A TWICE</p> <p>B1. Glute Bridge (45 seconds of this exercise, then take 15 seconds of rest, then switch to B2)</p> <p>B2. Reverse Lunges (45 seconds of this exercise, then take 15 seconds of rest, then switch to B3)</p> <p>B3. Soup Can (or Dumbbell) Row and Fly (45 seconds of this exercise, then take 15 seconds of rest, then switch to B4)</p> <p>B4. Skater floor taps Watch Chris (45 seconds of this exercise, then take 15 seconds of rest, then back to B1)</p> <p>REPEAT CIRCUIT B FOUR TIMES</p> <p>C1. Front Plank – 20 seconds, then right into C2 C2. Side Plank Right – 20 seconds, then right into C3 C3. Side Plank Right – 20 seconds, rest for 1 minute</p> <p>REPEAT CIRCUIT C THREE TIMES</p>
<p>COOLDOWN Watch Chris</p>	<ol style="list-style-type: none"> 1. Chest Stretch on Wall – 30 seconds each side 2. Figure 4 Laying on Your Back – 30 seconds each leg 3. Seated Hamstring, with Other Leg Bent – 30 seconds each leg 4. Seated Cross-Body Shoulder Stretch – 30 seconds each side 5. Quad Stretch (using the wall to balance) – 30 seconds each leg 6. Child's Pose – 45 seconds

Thursday May 14:

MOVE!

Are you ready to get 1 per cent better every day? Special Olympics Team Canada’s official strength and conditioning coach, Steve Topham, is launching a 10-week functional workout program for Special Olympics athletes of all levels and their families, coaches, and supporters!

Tune in with Steve on [Special Olympics Canada’s FACEBOOK LIVE](#) this 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.

After your workout with Steve, don’t forget to complete your daily [strong stretching](#) exercise for week 4 of the [Take 5 for Strong Minds challenge!](#)

Friday May 15:

EAT!

This week I am challenging you to try and create your very own SMOOTHIE recipe at home. I have included some inspiration and recipe ideas below. I want you to make your most delicious smoothie. Take a picture, and share the recipe with us on Instagram or Facebook, or email it to mdepaul@specialolympics.bc.ca in order to be entered into our giveaway draw!

Smoothie Recipe Ideas:

Tropical Tornado	Very Berry Blaster	Funky Monkey	Cherry-Mania
<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - 1 orange, peeled and quartered - 1 ripe banana, peeled and sliced (or frozen) - 1 cup coconut water (or milk or milk alternative) - 1 cup frozen mango chunks - 1 cup frozen pineapple chunks - ¼ cup Greek yogurt (plain or vanilla) - (optional: 1 teaspoon chia seeds or ground flax seed) 	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - 1 cup almond milk, skim milk, or coconut milk - 1 banana sliced (frozen or not) - 1 ½ cups frozen mixed berries (raspberries, blueberries, strawberries) - ¼ cup (plain or vanilla) Greek yogurt - 1 tablespoon honey (optional) 	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - ¾ cup milk - BIG handful spinach - ¼ cup Greek yogurt or cottage cheese - 2 tbsp. peanut butter - 1 tsp. unsweetened cocoa powder - 1 large frozen banana - Handful of ice 	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> - ½ cups juice: cherry juice, cran-cherry juice, apple juice, or white grape juice - ½ cup water or skim milk - 1 banana (break into chunks) - 1 cup frozen dark sweet cherries - ¼ cup vanilla Greek yogurt
<p>Blend and enjoy! ***Note: always feel free to add more liquid</p>			



Saturday May 16:

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-second high knees	P – 5 burpees	Y – 25 sit ups
H – 25 squats	Q – 20 lunges (10 each side)	Z – 25 squats
I – 15 seconds 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 LOCAL’S name** 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: SURREY

Exercise 1: S – 25 squats

Exercise 4: R – 5 push-ups (toes or knees)

Exercise 2: U – 40 jumping jacks

Exercise 5: E – 30 sec jumping jacks

Exercise 3: R – 5 push-ups (toes or knees)

Exercise 6: Y – 25 sit ups

PART 3: 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: JACOB

Exercise 1: J – 25-second front plank

Exercise 4: O – 30 down dog toe taps

Exercise 2: A – 5 burpees

Exercise 5: B – 50 boxer punches

Exercise 3: C – 20 lunges (each leg)

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 May 17:

BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. However, this week we are very excited to welcome two special guests who will run a Facebook Live yoga practice and pre/post-yoga body scan for all SOBC athletes! Tune into [SOBC's Facebook Page](#) at 11 a.m. PT Sunday for this live yoga workout and pre/post-yoga chat with special guests Matt and Shelbi. Matt is a mental performance consultant and Shelbi is a certified yoga instructor!

If you can't tune in at 11 a.m. PT, don't worry, you can find the video recording [here](#).

After your yoga practice, don't forget to complete your daily [strong stretching](#) exercise for week 4 of the [Take 5 for Strong Minds challenge!](#)

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>11</p> <p>May in Motion Weekly Calendar Launch – Special Olympics BC Facebook Live @ 12 p.m. PT <i>Join SOBC – Trail athlete Jake Miller, SOBC staff Marlow de Paul and Megan Pollock, and BC Dairy Association Nutrition Educator Joel Barohn to launch this week's May in Motion calendar!</i></p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>12</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p>	<p>13</p> <p>What's On Your Mind Wednesday – SOBC Facebook Live @ 2 p.m. PT <i>Come chat with SOBC – Smithers athlete Kaylee Richter, SOBC Program Manager Michelle Cruickshank, and a BC Law Enforcement Torch Run friend!</i></p> <p>Wellness Wednesday with Sobeyes Dieticians – SOC Facebook Live @ 8 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 @ 6:30 p.m. MT</p>	<p>14</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 Pagliaro @ 6 p.m. PT</p>	<p>15</p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>
				<p>SUNDAY 17</p> <p>May in Motion Facebook Live Yoga Practice and Body Scan – SOBC Facebook Page @ 11 a.m. PT <i>Join yoga instructor Shelbi and mental performance consultant Matt!</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!