

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>25</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>26</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>27</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>28</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>29</p> <p>EAT! Give your body a rest, and refuel today with a fun customizable snack recipe!</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>30</p> <p>MOVE! The Active Athlete Alphabet is BACK, with a great warm-up, new exercises, and fun 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>31</p> <p>YOGA. Focus on a healthy body and mind today! Click below to find this week's at-home yoga video options!</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	Register and participate in SOI's Strong Minds-fulness Friday on May 29 @ 11 a.m. PT!	Wash your hands every 3 hours for 20 seconds. Try singing the Happy Birthday song twice!
Vacuum, sweep, and/or mop, for 25 minutes	Register for one of your Region's upcoming SOBC Virtual Health Forums (Mental Wellness or Healthy Eating)	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!)	Set and write down 2 goals for this week
Complete the May in Motion Wednesday Challenge	Register for the Virtual Law Enforcement Torch Run for Special Olympics BC		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 25:

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!

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 May 26:

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.

Wednesday May 27:

SWEAT! It's WORKOUT WEDNESDAY and we've got a new and fun workout for you to try! Jump into 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!

Thursday May 28:

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.

Friday May 29:

This week I am challenging you to try and create your very own Salad in a Jar 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 !

SALAD IN A JAR

Preparation:

- Make the salad dressing by combining all ingredient of the salad dressing in a bowl, and whisk together until combined.
- Prepare all your salad fixings (diced, chopped, cubed, halved – you will see the preparation instructions in the ingredient lists).
- Place all your ingredients in layers in a jar in the following order:
 - o Salad dressing
 - o Firm vegetables and fruit (cherry tomatoes, cucumber, corn, onion, celery, apples, grapes)
 - o Soft vegetables and fruit (avocado, mushrooms, orange)
 - o Protein (meats, beans)
 - o Grains and leafy greens (quinoa, rice, pasta, romaine, spinach)

Salad Recipes for Inspiration:

APPLE BRIE SALAD	BROCCOLI SALAD	MEXICAN PASTA SALAD	GREEK SALAD	CAESAR SALAD
<p>Salad Dressing</p> <ul style="list-style-type: none"> - 2 tbsp sour cream - 1 pinch garlic powder - 1 tsp white vinegar <p>Salad</p> <ul style="list-style-type: none"> - 1/3 cup green apple, diced - 2 tbsp dried cranberries - ¼ cup cubed brie cheese - 2 tbsp pumpkin seeds - 1/3 cup cooked quinoa - ½ cup chopped spinach 	<p>Salad Dressing</p> <ul style="list-style-type: none"> - 2 tbsp plain Greek yogurt - 1 tsp honey - ½ tsp white vinegar <p>Salad</p> <ul style="list-style-type: none"> - 1/3 cup cubed cheddar cheese - 1 tbsp diced red onion - ¼ cup halved grapes - ½ tbsp chopped pecans - ½ cup broccoli florets 	<p>Salad Dressing</p> <ul style="list-style-type: none"> - 2 tbsp plain Greek yogurt - 2 tbsp salsa (of your choosing) <p>Salad</p> <ul style="list-style-type: none"> - ¼ cup diced avocado - 4 cherry tomatoes (halved) - ¼ cup diced cucumber - 2 tbsp corn kernels - 2 tbsp grated cheddar cheese - ¼ can mixed beans, rinsed - ½ cup cooked fusilli salad 	<p>Salad Dressing</p> <ul style="list-style-type: none"> - 1 tsp plain Greek yogurt - 1 tsp olive oil - 1 tbsp red wine vinegar - 1 tsp Greek seasonings <p>Salad</p> <ul style="list-style-type: none"> - 1 tsp chopped red onion - 4 cherry tomatoes (halved) - 2 tbsp diced cucumber - 5 Kalamata olives, sliced - 2 tbsp crumbled feta - ½ cup diced cooked chicken - ½ cup romaine lettuce 	<p>Salad Dressing</p> <ul style="list-style-type: none"> - 2 tbsp plain Greek yogurt - ½ tsp lemon juice - 1 tsp Dijon mustard - ¼ tsp garlic powder - 1 tsp Worcestershire sauce - ½ tsp dried oregano <p>Salad</p> <ul style="list-style-type: none"> - 1 tsp diced celery - 4 cherry tomatoes, halved - ¼ cup diced mushrooms - 2 tbsp parmesan - ½ cup romaine lettuce - ½ cup cooked protein of your choice (sausages, chicken, beef)

Saturday May 30:

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 **the name of one of your family members (this can include our furry family members!)** by completing the exercise associated with each letter in the word. After completing all the exercises, rest for 2 minutes, and repeat two more times.

Exercise 1: D – 10 sit-ups

Exercise 4: A – 5 burpees

Exercise 2: Y – 25 sit ups

Exercise 5: N – 25 squats

Exercise 3: L – 45 second wall sit

PART 3: Using the “Active Athlete Alphabet” chart, spell out **the month you were born** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this again.

Exercise 1: J – 25-second front plank

Exercise 4: U – 40 jumping jacks

Exercise 7: Y – 25 sit ups

Exercise 2: A – 5 burpees

Exercise 5: A – 5 burpees

Exercise 3: N – 25 squats

Exercise 6: R – 5 push-ups (toes or knees)

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 31:

BREATHE.

We're back for some more Yoga and Mindfulness this Sunday!

[Meditation](#) – Give this guided meditation video a try today. Meditation is great to keep our minds calm, relaxed, and focused! Sit down, make sure you are comfortable, turn on the video, and just listen along!

Yoga – Give any of these GREAT yoga videos a try. 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.

[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. 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>25</p> <p>May in Motion Weekly Calendar Launch – Special Olympics BC Facebook Live @ 12 p.m. PT <i>Join SOBC – Quesnel athlete Matthew Hender and SOBC Sport Coordinator Marlow de Paul to launch this week's calendar, and mental wellness advocate Kimberly Rutledge will lead a gratitude exercise!</i></p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>26</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p> <p>SOBC – Victoria Workouts with swimming coach Susan Daily <i>Message SOBC – Victoria on Facebook, Twitter, or Instagram for details!</i></p>	<p>27</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 @ 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>28</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>29</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 here in order to access this free mindfulness session on Zoom.</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!