

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](mailto:mdepaul@specialolympics.bc.ca)

## MAY IN MOTION - WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>4</b></p> <p><b>MOVE!</b> 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><b>5</b></p> <p><b>TRAINER Tuesday!</b> 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, <a href="#">please click here</a> to find the video recording and work out with the Steve later.</i></p> 	<p><b>6</b></p> <p><b>SWEAT!</b> 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><b>7</b></p> <p><b>TRAIN!</b> 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, <a href="#">please click here</a> to find the video recording and work out with the Steve later.</i></p> 	<p><b>8</b></p> <p><b>EAT!</b> Food with Friends on Friday! Click the image below to tune in on SOBC's Facebook Page at 2 p.m. PT and cook with Donnie from motionball Kelowna!</p> 	<p><b>9</b></p> <p><b>MOVE!</b> The Active Athlete Alphabet is BACK, but with new exercises and 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><b>10</b></p> <p><b>YOGA.</b> 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](mailto: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 3 of the Special Olympics <a href="#">Take 5 for Strong Minds Challenge</a> (deep breathing)	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!)	Tune in to Food with Friends on Friday on <a href="#">SOBC's Facebook Page</a> (FB Live at p.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! ( <a href="mailto:mdepaul@specialolympics.bc.ca">mdepaul@specialolympics.bc.ca</a> )	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 <a href="#">Building a Routine at Home Template</a> , and share a photo! ( <a href="mailto:mdepaul@specialolympics.bc.ca">mdepaul@specialolympics.bc.ca</a> )	Take a break from screens. Colour and doodle! <a href="#">Click here</a> 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 <a href="#">SOBC's Facebook Page</a> on Wednesday at 2 p.m. PT	Tune into Wellness Wednesday with Sobeys and <a href="#">Special Olympics Canada</a> on Wednesday at 8 a.m. PT



## Monday May 4:

### 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 [deep breathing](#) exercise for week 3 of the [Take 5 for Strong Minds challenge](#)!

## Tuesday May 5:

### 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 [deep breathing](#) exercise for week 3 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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)*



## Wednesday May 6:

**SWEAT!** It's WORKOUT WEDNESDAY – follow along with SOBC Program Manager Michelle Cruickshank 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, or a dumbbell or anything heavy)  , and a wall!

### WORKOUT WEDNESDAY

<p><b>WARM-UP</b> <a href="#">Watch Michelle</a></p>	<ol style="list-style-type: none"> <li>1) Jog – 30 seconds (running or on the spot)</li> <li>2) Skipping – 30 seconds (travelling or on the spot)</li> <li>3) Lateral Bum Kicks &amp; High Knees – 10 metres side to side for 30 seconds (bum kicks and high knees, but moving side to side not forward and back)</li> <li>4) Neck Rolls – 5 right, 5 left</li> <li>5) Arm Circles – 10 forward, 10 back</li> <li>6) Bodyweight Squat – 10 reps</li> <li>7) Standing Side Bend – 8 each side</li> <li>8) Knee Hugs – 8 each leg</li> <li>9) Down Dog Calf Stretch – 6 each side</li> </ol>
<p><b>WORKOUT</b> <a href="#">Watch Michelle Circuit A</a> <a href="#">Watch Michelle Circuit B</a></p>	<p><b>A.</b> Barefoot Lateral Single Leg Hops</p> <ul style="list-style-type: none"> <li>- Hop forward land, hop back land = 1 rep. Perform 10 reps.</li> <li>- Hop right, land and pause, hop left, land and pause = 1. Perform 10 reps. <b>COMPLETE CIRCUIT A ONCE</b></li> </ul> <p><b>B1.</b> Cross Under Curtsy Lunge – options: with weights, without weights, hold onto a chair for support (45 seconds of this exercise, then take 15 seconds of rest, then switch to B2)</p> <p><b>B2.</b> Down Dog Shoulder Taps – options: standard or a modification with shoulder taps in a plank position with hands on your couch/coffee table/chair (45 seconds of this exercise, then take 15 seconds of rest, then switch to B3)</p> <p><b>B3.</b> Supermans – 2-steamboat pause at the top, squeeze your hamstring/glutes/shoulder, neck relaxed, eyes are forward at the ground (45 seconds of this exercise, then take 15 seconds of rest, then switch to B4)</p> <p><b>B4.</b> Chair Squats – making sure the weight does not shift into the chair, just a tap and then drive back up to standing (45 seconds of this exercise, then take 15 seconds of rest, then back to B1)</p> <p><b>REPEAT CIRCUIT B FOUR TIMES</b></p>
<p><b>COOLDOWN</b> <a href="#">Watch Michelle 1-4</a> <a href="#">Watch Michelle 5-6</a></p>	<ol style="list-style-type: none"> <li>1. Chest Stretch on Wall – 30 seconds each side</li> <li>2. Figure 4 Laying on Your Back – 30 seconds each leg</li> <li>3. Seated Hamstring, with Other Leg Bent – 30 seconds each leg</li> <li>4. Seated Cross-Body Shoulder Stretch – 30 seconds each side</li> <li>5. Quad Stretch (using the wall to balance) – 30 seconds each leg</li> <li>6. Child's Pose – 45 seconds</li> </ol>



## Thursday May 7:

### 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 8:

### EAT!

This week, Special Olympics BC is teaming up with **motionball Kelowna** for **Food with Friends on Friday** on the [SOBC Facebook Page!](#) motionball Kelowna volunteer Donnie will be taking you through 2 wonderful recipes. He will show you how to make your very own homemade bread, as well as a delicious stir-fry packed with veggies and tons of delicious and healthy ingredients. Check out the FULL shopping list of ingredients down below to get ready for Friday's fun.

### SHOPPING LIST – Episode 3 with Donnie (May 8 @ 2 p.m. PT)

<ul style="list-style-type: none"><li>✓ Red pepper</li><li>✓ Carrot</li><li>✓ Onion</li><li>✓ Ginger</li><li>✓ Garlic</li><li>✓ Broccoli</li><li>✓ Cooked chicken breast</li><li>✓ Salt</li><li>✓ Soya sauce</li></ul>	<ul style="list-style-type: none"><li>✓ Sugar</li><li>✓ Cornstarch</li><li>✓ Ginger</li><li>✓ Garlic</li><li>✓ Brown rice</li></ul> <p>Bread:</p> <ul style="list-style-type: none"><li>✓ White flour</li><li>✓ Yeast</li></ul>
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Even if you can't take part in making the recipes, please come join us on the Facebook Live to hang out, share your comments, and get some recipe inspiration along the way! The video will be available to watch after the live is over, at any time!



## Saturday May 9:

**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 – 45-second front plank	S – 25 squats
B – 45-second plank	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 sec 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 sec side plank, each side	R – 5 push-ups (toes or knees)	

**PART 1:** Using the “Active Athlete Alphabet” chart, spell out **your favourite sport** 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: SOCCER

**Exercise 1:** S – 25 squats

**Exercise 4:** C – 20 lunges (each leg)

**Exercise 2:** O – 30 down dog toe taps

**Exercise 5:** E – 5 burpees

**Exercise 3:** C – 20 lunges (10 each leg)

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

**PART 2:** Using the “Active Athlete Alphabet” chart, spell out **the name of one of your coaches** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this again.

Example: MARCUS

**Exercise 1:** M – 15 superman's

**Exercise 4:** C – 20 lunges (each leg)

**Exercise 2:** A – 5 burpees

**Exercise 5:** U – 40 jumping jacks

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

**Exercise 6:** S – 25 squats

**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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)

## **Sunday May 10:**

### **BREATHE.**

As usual, this Sunday we will be challenging you to practice yoga. In addition to this week's standing yoga practice, let's all try a short meditation video!

[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!

After your yoga practice, don't forget to complete your daily [deep breathing](#) exercise for week 3 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](mailto: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>4</p> <p><b>May in Motion Weekly Calendar Launch – <a href="#">Special Olympics BC Facebook Live</a> @ 12 p.m. PT</b> <i>Tune in with SOBC – Campbell River athletes Matthew Basso and Tye Cranton plus SOBC staff Marlow de Paul and Megan Pollock to launch this week's May in Motion calendar!</i></p> <p><b><a href="#">SOBC – Kelowna Facebook Live</a> Workout with Club Fit coach Shayla @ 10 a.m. PT</b></p>	<p>5</p> <p><b><a href="#">Special Olympics Canada Facebook Live</a> Workout with Strength Coach Steve Topham @ 11 a.m. PT</b> <a href="#">Learn more</a></p>	<p>6</p> <p><b>What's On Your Mind Wednesday – <a href="#">SOBC Facebook Live</a> @ 2 p.m. PT</b> <i>Come chat with SOBC athletes, staff, &amp; guests!</i></p> <p><b>Wellness Wednesday with Sobey's Dieticians – <a href="#">SOC Facebook Live</a> @ 8 a.m. PT</b> <a href="#">Find the recipe</a></p> <p><b><a href="#">SOBC – Kelowna Facebook Live</a> Workout with Club Fit coach Shayla @ 10 a.m. PT</b></p> <p><b><a href="#">SOBC – Fort St. John Facebook Live</a> workout with Club Fit coach Angela @ 6:30 p.m. MT</b></p>	<p>7</p> <p><b><a href="#">Special Olympics Canada Facebook Live</a> Workout with Strength Coach Steve Topham @ 11 a.m. PT</b> <a href="#">Learn more</a></p> <p><b><a href="#">SOBC – Campbell River Facebook Live</a> Workout with Club Fit coaches Ailsa and Elena @ 4 p.m. PT</b></p>	<p>8</p> <p><b>Food with Friends on Friday – <a href="#">Special Olympics BC Facebook Live</a> @ 2 p.m. PT</b> <i>Join motionball Kelowna volunteer Donnie and SOBC staff Marlow, Megan, and Meg Ishida to cook up some delicious recipes and talk about healthy eating!</i></p> <p><b><a href="#">SOBC – Kelowna Facebook Live</a> Workout with Club Fit coach Shayla @ 10 a.m. PT</b></p>

For more optional opportunities, please visit Special Olympics North America's [calendar of virtual events](#) throughout the region!