








# Move-It March 2020

Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our new **Move-It March** 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)

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|---|---|---|--|--|---|---|
| <p><b>23</b></p> <p><b>TRAIN!</b><br/>Check out SOI's new School of Strength at home training videos with WWE superstar Becky Lynch!</p>  | <p><b>24</b></p> <p><b>MOVE!</b><br/>Active Athlete Alphabet! Click the image below to find your workout.</p> <p><i>Post a picture or video of you completing it and tag SOBC!</i></p>  | <p><b>25</b></p> <p><b>TRAIN!</b><br/>Today's challenge is an at-home body weight workout.</p> <p><i>Click the image to find what the exercises!</i></p>  | <p><b>26</b></p> <p><b>EAT!</b><br/>Give this delicious snack recipe from Canada's Food Guide a try!</p> <p><i>Tag us in a photo of the recipe when you're done!</i></p>  | <p><b>27</b></p> <p><b>DANCE!</b><br/>Follow along with <a href="#">this awesome dance workout video!</a></p>  | <p><b>28</b></p> <p><b>MOVE!</b><br/>Give this great at-home workout a try!</p> <p><i>Post picture or video of you completing it and tag SOBC!</i></p>  | <p><b>29</b></p> <p><b>YOGA.</b><br/>Focus on a healthy body and mind today! Complete this wonderful at-home yoga video!</p>  |

## ALL-WEEK ACTIVITY:

SOBC WELLNESS BINGO


Share your at-home training photos with Special Olympics BC!  
Facebook & Instagram [@specialolympicsbc](#) Twitter [@sobcsociety](#) [#SOBCMoveItMarch](#)



ALL-WEEK WELLNESS ACTIVITY:

Cross off a box for every task you complete throughout the week. Take a picture of your row and share it with Health 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 Move-It March Monday Challenge  | Drink 5 bottles of water in one day  | Floss your teeth   | Wash your hands every 2 hours for 20 seconds. Try singing the Happy Birthday song twice! |
| Get 8 hours of sleep                           | Eat 5 fruits and vegetables in one day   | Complete the Move-It March Tuesday Challenge   | Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!) | Drink 5 bottles of water in one day  |
| Complete the Move-It March Wednesday Challenge | Set goals. Write two challenging, yet achievable goals you can set for yourself to complete by the end of the week | <br><b>Special<br/>Olympics</b><br><i>British Columbia</i> | Complete the Move-It March Thursday Challenge  | Draw a picture or something that makes your feel happy                                   |
| Floss your teeth                               | Complete the Move-It March Sunday Challenge  | Write in a journal today – write about how you felt, what you did, and something you'd like to accomplish tomorrow                             | Get 8 hours of sleep   | Complete the Move-It March Saturday Challenge  |
| Drink 5 bottles of water in one day            | Eat 5 fruits and vegetables in one day   | Complete the Move-It March Friday Challenge  | Write down two wins/successes you've had this week that you feel really proud about                            | Floss your teeth   |



## Monday March 23:

TRAIN! Check out Special Olympics International's brand-new [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](mailto:mdepaul@specialolympics.bc.ca))*

## Tuesday March 24:

MOVE! Today's challenge is the Active Athlete Alphabet! See below for the details on today's workout!

| ACTIVE ATHLETE ALPHABET              |                                |                              |
|--------------------------------------|--------------------------------|------------------------------|
| A – 45-second plank                  | J – 45-second plank            | S – 30 seconds of high knees |
| B – 50 jumping jacks                 | K – 15 air squats              | T – 30 lunges (15 each side) |
| C – 10 lunges                        | L – 45 second wall sit         | U – 40 jumping jacks         |
| D – 10 inchworm walkouts             | M – 25 squats                  | V – 45-second wall sit       |
| E – 30 lunges                        | N – 25 squats                  | W – 5 burpees                |
| F – 10 push-ups (from toes or knees) | O – 30 lunges (15 each side)   | X – 50 jumping jacks         |
| G – 20 arm circles                   | P – 15 arm circles             | Y – 25 sit ups               |
| H – 25 squats                        | Q – 45-second plank            | Z – 25 squats                |
| I – 30 jumping jacks                 | R – 5 push-ups (toes or knees) |                              |

**PART 1:** Using the “Active Athlete Alphabet” chart, spell out the name of your Local by completing the exercise associated with each letter. After completing all the exercises, rest for 2 minutes, and repeat this again.

Example: LANGLEY

**Exercise 1: L** – 45-second wall sit

**Exercise 5: L** – 45-second wall sit

**Exercise 2: A** – 45-second plank

**Exercise 6: E** – 30 lunges

**Exercise 3: N** – 25 squats

**Exercise 7: Y** – 25 sit ups

**Exercise 4: G** – 20 arm circles

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

Example: MARLOW

**Exercise 1: M** – 25 squats

**Exercise 4: L** – 45-second wall sit

**Exercise 2: A** – 45-second plank

**Exercise 5: O** – 30 lunges (15 each side)

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





**Exercise 6: W** – 5 burpees



## Wednesday March 25:

### TRAIN! WORKOUT WEDNESDAY

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)  , and an open space!

| <b>WORKOUT WEDNESDAY</b>  |   |
|---|---|
| <b>WARM-UP</b>  | <ol style="list-style-type: none"> <li>10 arm circles forward</li> <li>10 arm circles backward</li> <li>10 arm hugging swings</li> <li>30 seconds high knees</li> <li>15 jumping jacks</li> <li>10 hamstring sweeps</li> </ol>  |
| <p style="text-align: center;"><b>WORKOUT</b></p> <p>Start a timer. Do EACH exercise for 1 minute. Move at whatever pace is comfortable for you, but make sure to keep moving for the whole minute. When the minute is up, move on to the NEXT exercise on the list.</p> <p>REPEAT the whole circuit 4 times – this will take 20 minutes.</p> | <ol style="list-style-type: none"> <li><b>1. Bodyweight squats (for 1 minute)</b><br/>Make sure to keep your chest up and squat down like you are sitting into a chair. Do the full range of motion and squat as low as you comfortably can.</li> <li><b>2. Plank (for 1 minute)</b><br/>Perform this from your knees or from your toes. Try to start on your toes, and if gets difficult move to your knees. → <a href="#">Watch an example</a></li> <li><b>3. Lunges with press overhead (for 1 minute)</b><br/>(Start with your feet together holding a can of soup in one hand, and step on leg backward into a lunge, at the bottom press the can of soup up over your head, continue this for one minute, alternating with leg steps forward. → <a href="#">Watch an example</a>)</li> <li><b>4. Inchworm walk-outs (for 1 minute)</b><br/><a href="#">Watch an example</a></li> <li><b>5. Knee drives/high knee (for 1 minute)</b><br/><a href="#">Watch an example</a></li> </ol> |
| <b>COOLDOWN</b>   | <ol style="list-style-type: none"> <li>Hamstring stretch – hold for 30 seconds on each side</li> <li>Quad stretch – hold for 30 seconds on each side</li> <li>Cross-body arm stretch – hold for 30 seconds on each side</li> <li>Over-the-head triceps stretch – hold for 30 seconds on each side</li> </ol>  |
| Walk for 2 minutes then complete these stretches.   |   |



## Thursday March 26:

EAT! Try [this DELICIOUS recipe](#) from Canada's Food Guide! BONUS POINTS: Enjoy your recipe with 2 different kinds of vegetables!

*DOUBLE BONUS! Tag us in a photo of the recipe when you're done, or email a picture to Sport Coordinator Marlow de Paul ([mdepaul@specialolympics.bc.ca](mailto:mdepaul@specialolympics.bc.ca))*

## Friday March 27:

DANCE! You made it to Friday, let's dance! Follow along here with this awesome [dance workout video](#)!

## Saturday March 28:

TRAIN! Follow along with [this real-time at-home workout video](#).

*BONUS: Post a picture or video of you completing it and tag SOBC!*

## Sunday March 29:

BREATHE. Give this [yoga video](#) a try for today's workout. This is a great video for yogis of all abilities! Yoga is great for our body; it works on flexibility and strength. Yoga is also great for our minds, as it helps us focus on our breathing, and keeps our minds relaxed.

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