































# SOBC Monthly At-Home Wellness Challenge

## Super September 2020

Move It Monday	Trainer Tuesday	Wellness Wednesday	Throw Down Thursday	Food Friday	Skills Saturday	Stretch It Out Sunday
	 1	 2	 3	 4	 5	 6
 7	 8	 9	 10	 11	 12	 13
 14	 15	 16	 17	 18	 19	 20
 21	 22	 23	 24	 25	 26	 27
 28	 29	 30				

Share photos of your challenge completions! Facebook & Instagram @specialolympicsbc Twitter @sobcsociety #SOBCSuperSeptember

# SOBC Monthly At-Home Wellness Challenge



**Tuesday, September 1<sup>st</sup>** → Kick off this Super September month-long challenge by learning what it takes to be a healthy athlete. Check out [the educational, insightful, and awesome video](#) created by SOBC – Surrey athletes Zach and Jesse Thibeault.

**Wednesday, September 2<sup>nd</sup>** → Today we will discuss goal setting. [Tune into the SOBC Facebook Live at 2 p.m. PT, and watch our video all about what's to come for the month of September.](#) We will practice goal setting, and set our own goals for the month of September!

**Thursday, September 3<sup>rd</sup>** → 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](#)

**Friday, September 4<sup>th</sup>** → A key piece of being a healthy athlete is proper nutrition. Today your challenge is to learn [How to Build a Healthy Plate](#). Click the link to head over to Canada's food guide, where you can watch all the videos and complete all the activities!

**Saturday, September 5<sup>th</sup>** → Super Skills Saturday! Today you're challenged to work on your sport-specific skills! Click onto the [SOBC Basic Sport Skills Page](#), pick the sport of your choosing, and go through that sport's basic skill sheet and/or videos.

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**Sunday, September 6<sup>th</sup>** → Yoga is an essential part of every athlete's regimen. As athletes we focus on a healthy body, but we also need to focus on a healthy mind. Use yoga to help keep you calm and relaxed, and to recover by stretching and strengthening your body! [Today's yoga video!](#)

**Monday, September 7<sup>th</sup>** → Every Monday of Super September we will be revisiting one of the at-home workout videos created for the SOBC community by our fantastic kinesiologist friend Sarah from motionball Vancouver! [Click here to follow along with today's terrific full-body workout.](#)

**Tuesday, September 8<sup>th</sup>** → It's Trainer Tuesday! Today's workout is brought to you by celebrity trainer Shannon Decker. [Join Shannon for this fantastic at-home full-body workout to keep you strong and healthy!](#)

**Wednesday, September 9<sup>th</sup>** → Today's Wellness Wednesday challenge is to complete this [low-impact at-home cardio workout](#). Cardio workouts are great to build up endurance and to keep our hearts healthy and happy!

**Thursday September 10<sup>th</sup>** → 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

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## 3. [Strength](#)

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## 4. [Balance](#)

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**Friday, September 11<sup>th</sup>** → Today's Food Friday feature is a delicious and healthy lunch recipe! [Click here to give this tasty recipe a try!](#)

**Saturday, September 12<sup>th</sup>** → Super Skills Saturday! Today you're challenged to work on your sport-specific skills! Click onto the [SOBC Basic Sport Skills Page](#), pick the sport of your choosing, and go through that sport's basic skill sheet and/or videos.

**Sunday, September 13<sup>th</sup>** → Yoga is an essential part of every athlete's regimen. As athletes we focus on a healthy body, but we also need to focus on a healthy mind. Use yoga to help keep you calm and relaxed, and to recover by stretching and strengthening your body! [Today's Yoga Video!](#)

**Monday, September 14<sup>th</sup>** → Every Monday of Super September we will be revisiting one of the at-home workout videos created for the SOBC community by our fantastic kinesiologist friend Sarah from motionball Vancouver! [Click here to follow along with today's terrific full-body at-home workout.](#)

**Tuesday, September 15<sup>th</sup>** → Today's Trainer Tuesday features coach Rachel from Anytime Fitness. [Click here and join another fun and challenging at-home workout!](#)

**Wednesday, September 16<sup>th</sup>** → For today's Wellness Wednesday challenge, we're teaming up with Sobeys Dietitian Veronique Guitard to make a delicious [Creamy Apple Cinnamon Oat Shake](#). You need your blender and these ingredients:

- ✓ 2 cups soy/almond beverage, fortified, original
- ✓ 1 cup unsweetened applesauce
- ✓ 1 package of regular instant oatmeal OR 1/3 cup of oats
- ✓ 1 tbsp. of honey
- ✓ ½ tsp of ground cinnamon
- ✓ 1 cup of ice cubes

**Thursday September 17<sup>th</sup>** → 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
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- Enough space to spread your arms wide

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## 2. [Endurance](#)

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## 4. [Balance](#)

**Friday, September 18<sup>th</sup>** → Hydration is a key part of being a healthy athlete and performing at our best. Today we're going to head over to the [SOI Fit 5 guide](#) and learn all about hydration (page 29). As a bonus challenge for the day, try to drink 5 bottles of water today!

**Saturday, September 19<sup>th</sup>** → Super Skills Saturday! Today you're challenged to work on your sport-specific skills! Click onto the [SOBC Basic Sport Skills Page](#), pick the sport of your choosing, and go through that sport's basic skill sheet and/or videos.

**Sunday, September 20<sup>th</sup>** → Yoga is an essential part of every athlete's regimen. As athletes we focus on a healthy body, but we also need to focus on a healthy mind. Use yoga to help keep you calm and relaxed, and to recover by stretching and strengthening your body! [Today's Yoga Video!](#)

**Monday, September 21<sup>st</sup>** → Every Monday of Super September we will be revisiting one of the at-home workout videos created for the SOBC community by our fantastic kinesiologist friend Sarah from motionball Vancouver! [Click here to follow along with today's terrific full-body at-home workout.](#)

**Tuesday, September 22<sup>nd</sup>** → It's Trainer Tuesday! Today's workout is brought to you by celebrity trainer Shannon Decker. [Join Shannon for PART #2 of her fantastic at-home full-body workouts that will keep you strong and healthy!](#)

**Wednesday, September 23<sup>rd</sup>** → Today's Wellness Wednesday challenge is to complete this [low-impact at-home cardio workout](#). Cardio workouts are great to build up endurance → and to keep our hearts healthy and happy!

**Thursday September 24<sup>th</sup>** → 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

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## 4. [Balance](#)

**Friday, September 25<sup>th</sup>** → Today's Food Friday feature is a super breakfast (or snack) recipe brought to you by Canada's food guide. [Click here to learn how to whip up this delicious and nutritious breakfast!](#)

**Saturday, September 26<sup>th</sup>** → It's Super Skills Saturday! Today you're challenged to join our motionball friends in their first national [Virtual Marathon of Sport](#) at 10 a.m. PT! Hosted by three-time Olympic gold medallist Tessa Virtue, the 2020 motionball Marathon of Sport will be an interactive hour of fitness and fun led by Canadian celebrities and Special Olympics athletes. Visit [www.motionball.com/watch](http://www.motionball.com/watch) to choose a viewing platform that works best for you, and tune in at 10 a.m. PT ready to build skills and fitness with these star-powered sessions in the comfort of your own home! Don't forget to invite your friends, family, teammates and coaches. Everyone is welcome!

**Sunday, September 27<sup>th</sup>** → Yoga is an essential part of every athlete's regimen. As athletes we focus on a healthy body, but we also need to focus on a healthy mind. Use yoga to help keep you calm and relaxed, and to recover by stretching and strengthening your body! [Today's Yoga Video!](#)

**Monday, September 28<sup>th</sup>** → Every Monday of Super September we will be revisiting one of the at-home workout videos created for the SOBC community by our fantastic kinesiologist friend Sarah from motionball Vancouver! [Click here to follow along with today's terrific full body at home workout.](#)

**Tuesday, September 29<sup>th</sup>** → It's Trainer Tuesday! Today's workout is brought to you by celebrity trainer Shannon Decker. [Join Shannon for PART #3 of her fantastic at-home full-body workouts that will keep you strong and healthy!](#)

**Wednesday, September 30<sup>th</sup>** → Congratulations! You completed the SOBC Super September Challenge! [To wrap up the challenge and receive your completion certificate, please fill out this form!](#)