

SOBC: HEALTHY HOLIDAY CHALLENGE

Special
Olympics
British Columbia



WEEK #1: December 1st – 6th

MY GOALS FOR THIS WEEK:	GOAL #1			GOAL #2			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p> <p>1 point / completed day</p>		<p>Tune into the SOBC Facebook Live at 6:30 PM PST for your Wellness Challenge today!</p>					
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<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> <p>1 point / completed day</p>							
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<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p> <p>1 point / completed day</p>							
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POINTS:								
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Total Weekly Points:

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WEEK #2: December 7th – December 13th

MY GOALS FOR THIS WEEK:

 **GOAL #1**

 **GOAL #2**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p> <p></p> <p>1 point / completed day</p>								
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> <p></p> <p>1 point / completed day</p>								
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p> <p></p> <p>1 point / completed day</p>								
<p>POINTS:</p>								<p>Total Weekly Points:</p>

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WEEK #3: December 14th – 20th

MY GOALS FOR THIS WEEK:	❄️ GOAL #1				❄️ GOAL #2			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WELLNESS Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)  1 point / completed day								
NUTRITION How many servings of fruits and vegetables did you have today? The goal is 5!  1 point / completed day								
HYDRATION How many 500ml bottles/glasses of water did you have today? The goal is 5!  1 point / completed day								
POINTS:								Total Weekly Points:

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WEEK #4: December 21st – December 27th

MY GOALS FOR THIS WEEK:	❄️ GOAL #1				❄️ GOAL #2			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WELLNESS Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)  1 point / completed day					Enjoy a rest day today! 			
NUTRITION How many servings of fruits and vegetables did you have today? The goal is 5!  1 point / completed day								
HYDRATION How many 500ml bottles/glasses of water did you have today? The goal is 5!  1 point / completed day								
POINTS:								Total Weekly Points:

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WEEK #5: December 28th – 31st

MY GOALS FOR THIS WEEK:	❄️ GOAL #1		❄️ GOAL #2			
	Monday	Tuesday	Wednesday	Thursday		
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>				<p>Happy New Year!</p> 	<p>Congratulations for completing the SOBC Healthy Holiday Challenge!</p> <p>Submit your completed calendars to Marlow, mdepaul@specialolympics.bc.ca</p> <p>Please share any photos or videos from the challenge as well!</p>	
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>						
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>						
POINTS:						Total Weekly Points:

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How the Healthy Holiday Challenge works:

The goal for the Healthy Holiday Challenge Calendar is to move your body, drink water, and get your servings of fruits and vegetables EVERY DAY for the month of December. Below you will find a list of wellness activities that count towards the green wellness category. This includes a variety of things like at-home workouts, walks, and bike rides, healthy and fun recipes, yoga, mental health tools and SO much more! You can use this list for ideas, or you can come up with your own. Make sure to write into that calendar what you do each day!

Complete one of these activities every day, for 31 days! The cool thing about this calendar is you can type right into the box of each day, to fill out what you did that day!

Goal Setting: Each week you must set 2 goals you would like to accomplish. This can be anything you would like. Maybe you want to try to new exercises, maybe you want to walk for 30 minutes twice a week, maybe it's trying a new recipe, or phoning a friend. It can even be something like helping make dinner one night, or taking 20 minutes before to have no screen time (this helps improve sleep!).

Wellness: Throughout the month, complete a healthy, active, or wellness, activity **every day** for the entire month, check the box and input what activity you've done in the green wellness row. I have included a list of activities below to help you! However, you can complete ANY type of physical activity for a minimum of 20 minutes, in order to receive a point. Make sure to write in what you complete! You will receive 1 point for each day of wellness you complete. 1 day per week can be a rest day – where you don't do any physical activity!

Nutrition: Each day I am challenging you to eat FIVE servings of fruits and vegetables. You will receive 1 point for each day of getting 5 servings of fruits and vegetables you complete.

Hydration: Each day I am challenging you to drink FIVE 500ml glasses/bottles of water. Using this fillable template, check a box for every bottle/glass of water you have! You will receive 1 point for each day of getting 5 glasses of water you complete.

At the end of the month, submit your final **filled out and complete** 31 day calendar.

We will be awarding three (3) SOBC Wellness Prize Packs

1. One (1) will go to the top completer with the most points.
2. The other two winners will be done by draw. We will be drawing from all the submitted calendars. No matter how many points you got if you completed any of the calendar and submitted it to Marlow, you will be entered for the draw!

Submit your completed calendar to Sport Coordinator, Marlow de Paul (mdepaul@specialolympics.bc.ca // 604-737-3081). If you have any questions also please contact Marlow.



HEALTHY HOLIDAY CHALLENGE – “WELLNESS” ACITIVITY LIST

*** Note – you can repeat each activity more than once over the course of the entire month if you'd like, aim to have at least 3-4 “get moving” or “yoga” activities each week. Give your body a rest day once per week***

Get Moving → Activities, Practices, and At-Home Workouts

**** submit a photo or video of you completing any of the videos and receive a bonus point for the giveaway for each submitted video/photo****

1. **Get Moving #1** – Attend an SOBC virtual training program/workout or in-person practice - make sure to write down in your calendar what you did!
2. **Get Moving #2** – Go out for a walk (20 - 30 mins minimum)
3. **Get Moving #3** – Go out for a run (20 - 30 mins minimum)
4. **Get Moving #4** – Go for a bike ride (20 - 30 mins minimum)
5. **Get Moving #5** – Shovel your driveway (20 - 30 mins minimum)
6. **Get Moving #6** – Go outside (try your backyard!) or stay inside and practice your favourite sport – [check out the basic skills page on SOBC website](#) for some drill ideas! (30 mins)
7. **Get Moving #7** – [At-home body weight workout](#) video (34 minutes)
8. **Get Moving #8** – Level 1 of Special Olympics International's Fit 5 videos. (40 mins)
 - ✓ Complete the [Endurance 1](#) video three times.
 - ✓ Complete the [Strength 1](#) video three times.
 - ✓ Complete the [Balance 1](#) video three times.
 - ✓ Complete the [Flexibility 1](#) video three times
9. **Get Moving #8** – Level 2 of Special Olympics International's Fit 5 videos. (40 mins)
 - ✓ Complete the [Endurance 2](#) video three times.
 - ✓ Complete the [Strength 2](#) video three times.
 - ✓ Complete the [Balance 2](#) video three times.
 - ✓ Complete the [Flexibility 2](#) video three times
10. **Get Moving #8** – Level 3 of Special Olympics International's Fit 5 videos. (40 mins)
 - ✓ Complete the [Endurance 3](#) video three times.
 - ✓ Complete the [Strength 3](#) video three times.
 - ✓ Complete the [Balance 3](#) video three times.
 - ✓ Complete the [Flexibility 3](#) video three time times.
11. **Get Moving #9** – [Complete the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!
12. **Get Moving #10** – [Complete another variation of the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!

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13. **Get Moving #11** – Check out Special Olympics International’s [School of Strength](#) at-home training videos with WWE superstar Becky Lynch (30mins)
14. **Get Moving #12** – Complete this super cool [Jenga Workout with Anytime Fitness](#) and Special Olympics
15. **Get Moving #13** – Join [Sarah from motionball Vancouver for a great at-home body weight workout!](#)
16. **Get Moving #13** – Another [workout with Sarah from Motionball Vancouver – at home body weight](#)
17. **Get Moving #13** – [a third GREAT bodyweight workout with Sarah from motionball Vancouver](#)
18. **Get Moving #14** – Complete this [full body at-home DANCE](#) workout (30 mins)
19. **Get Moving #15** – Complete this [at-home full body workout brought to you by Alison Gaudet and Special Olympics Ontario](#) (40 mins)
20. **Get Moving #16** – Follow along with [Coach Shayla for this at-home workout](#) session (50 minutes)
21. **Get Moving #17** – Complete this awesome ENDURANCE workout with [coach Shannon from Anytime Fitness](#) (25mins)
22. **Get Moving #18** – Complete any @ home workout of your choosing, maybe with a family member or friend (you could even do this over facetime!)
23. **Get Moving #19** – Complete this fantastic [SEATED Strength Workout with Anytime Fitness](#), grab a chair and build some muscles!
24. **Get Moving #20** – Complete this [great at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
25. **Get Moving #21** – Complete this [full body at-home DANCE](#) workout (30 mins)
26. **Get Moving #22** – Vacuum the house for 30 minutes!
27. **Get Moving #23** – Go outside (or stay at home) and find a set of stairs. Walk, or run, up and down the stairs for 30 minutes.
28. **Get Moving #24** – Wild Card! Any physical activity completed for a minimum of 25 minutes
29. **Get Moving #25** – Rest! Give your body a day to relax. Maybe try a recipe. This can be used once per week!

Breathe → Mindfulness, Yoga and Mental Wellness

*** submit a photo or video of you completing any of the videos and receive a bonus point for the giveaway for each submitted video/photo***

30. **Yoga #1** – Complete [this at-home yoga for beginners session](#) with Adriene (25 mins)
31. **Yoga # 2** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
32. **Yoga # 3** – Complete [this at-home yoga](#) with instructor Shelbi (30mins)
33. **Yoga #4** – [Yoga Session with Blissability Yoga](#) – standing or seated yoga (30 mins)
34. **Yoga #5** – Complete this [Chair Yoga](#) Session (25 mins)
35. **Yoga #6** – Complete this [Bedtime Stretches for an amazing night's sleep Yoga Video](#) brought to you by Special Olympics Ireland
36. **Yoga #7** – Complete this [Yoga Practice lead by Heather from Special Olympics North Carolina](#) (30 mins)
37. **Yoga #8** – [Follow along with Shelbi and complete this at-home Yoga Practice!](#)
38. Complete the [Building a Routine At Home](#) Template (share it with Marlow for a bonus entry!)
39. Take a look at the [Mental Skills Training for SOBC Athletes](#), developed by Strong Minds Clinical Director Sarah Kiengersky
40. **Read about Good Sleep Habits** → [Practice these habits](#) and get 8 hours of sleep!

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Eat! → Healthy, simple recipes, and nutrition education

**** submit a photo or video of you completing any of the recipes or videos and receive a bonus point for the giveaway for each submitted video/photo****

41. **Recipe #1** – [Grinch Fruit Kabobs](#) (get your servings of Fruits and check off a wellness box!!)
42. **Recipe #2** – [Kiwi Christmas Tree](#)
43. **Recipe #3** – [Banana Bread Overnight Oats](#)
44. **Recipe #4** – [Pecan Pie Energy Balls](#)
45. **Recipe #5** – [Cheesecake Stuffed Strawberry Santa's](#)
46. **Recipe #6** – Follow along with Sobey's Dietitians and Special Olympics Canada and make a delicious [Strawberry Slushy](#)
47. **Recipe #6** – Follow along with Sobey's Dietitians and Special Olympics Canada and make a [Chicken, Peach, and Arugula Pizza!](#)
48. **Recipe #7** – [Magical Reindeer Chow](#)
49. **Recipe #8** – [Candy Cane Popcorn](#)
50. **Recipe #9** – [Pita Bread Christmas Trees](#)
51. **Recipe #10** – Pick from these 4 [delicious and nutritious smoothie recipes!](#)
52. **Make up your own recipe and send it to me!**
53. **Cooking with Special Olympics Ontario Athlete Chefs** – [Click here for 3 delicious recipes to try!](#)
54. **Health Education #1** – Read the [Nutrition and Food Section of the Fit 5 Guide](#) (start on Page 22) – email Marlow if you have any questions about the guide
55. Listen to the [Healthy Athlete Nutrition Video](#), created by Zack and Jesse! – 5 mins
56. Check out the [Fit 5 Guide](#) and learn about nutrition, hydration and physical activity!