

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>18</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>19</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 Steve later.</i></p> 	<p>20</p> <p>SWEAT! 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>21</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 Steve later.</i></p> 	<p>22</p> <p>EAT! Give your body a rest, and refuel today with a fun customizable snack recipe!</p> <p><i>Bonus: Join in on 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>23</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>24</p> <p>YOGA. Tune into SOBC's Facebook Page at 11 a.m. PT for a live yoga workout and pre/post-yoga chat with special guests Matt and Shelbi!</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 Mindfulness Friday on May 22 @ 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!)	Post a comment or question during the May in Motion FB Live yoga practice on SOBC's Facebook Page (Sunday at 11 a.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 May in Motion 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 18:

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!

Tuesday May 19:

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!

Learn how to squat, lunge, push up, plank, and jump your way to improving your athletic performance.

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.)

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)



Wednesday May 20:

SWEAT! It's WORKOUT WEDNESDAY – follow along with Chelsea Rogers, SOBC Community Development Coordinator for Regions 3/4/5, 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 – if not, you can use a dumbbell or anything heavy), and a wall!

WORKOUT WEDNESDAY

<p>WARM-UP Watch Chelsea</p>	<ol style="list-style-type: none"> 1) Jog – 30 seconds (running or on the spot) 2) Skipping – 30 seconds (travelling or on the spot) 3) Neck Rolls – 5 right, 5 left 4) Arm Circles – 10 forward, 10 back 5) Bodyweight Squat – 10 reps 6) Standing Side Bend – 8 each side 7) Lunge and Reach – 6 each side 8) Inchworm Walkouts – 5
<p>WORKOUT Watch Chelsea Circuit A Watch Chelsea Circuit B Watch Chelsea Circuit C</p>	<p>A. Single Leg Balance</p> <ol style="list-style-type: none"> 1. Barefoot Single Leg Balance – Balance on right leg, spell your FULL name with your left leg, rest 30 seconds, repeat on other side 2. Hop right, land and pause, hop left, land and pause = 1. Perform 10. <p>COMPLETE CIRCUIT A TWICE</p> <p>B1. Chair Squats with Overhead Press at Top (45 seconds of this exercise, then take 15 seconds of rest, then switch to B2)</p> <p>B2. Slow-Mo Burpee (45 seconds of this exercise, then take 15 seconds of rest, then switch to B3)</p> <p>B3. Chair Reverse Kick and Side Kick (45 seconds of this exercise, then take 15 seconds of rest, then switch to B4)</p> <p>B4. Jumping Jacks (45 seconds of this exercise, then take 15 seconds of rest, then back to B1)</p> <p>REPEAT CIRCUIT B FOUR TIMES</p> <p>C1. Seated Russian Twists (Hands tap floor on either side – 25 seconds of this exercise, then on to C2)</p> <p>C2. Shoulder Taps (25 seconds, then right into C3)</p> <p>C3. Glute Bridge (25 seconds, rest for 1 minute)</p> <p>REPEAT CIRCUIT C THREE TIMES</p>
<p>COOLDOWN Watch Chelsea</p>	<ol style="list-style-type: none"> 1. Chest Stretch on Wall – 30 seconds each side 2. Figure 4 Laying on Your Back – 30 seconds each leg 3. Seated Hamstring, with Other Leg Bent – 30 seconds each leg 4. Seated Cross-Body Shoulder Stretch – 30 seconds each side 5. Quad Stretch (using the wall to balance) – 30 seconds each leg 6. Child's Pose – 45 seconds

Thursday May 21:

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 running a 10-week functional workout program for Special Olympics athletes of all levels and their families, coaches, and supporters!

Learn how to squat, lunge, push up, plank, and jump your way to improving your athletic performance.

Tune in with Steve on [Special Olympics Canada's FACEBOOK LIVE](#) this Thursday at 11 a.m. PT. (If you can't join him live, [please click here](#) to find the link to the workout later.)



Friday May 22:

EAT! This week I am challenging you to try and create your very own Energy Ball recipe at home. I have included some inspiration and recipe ideas below! Feel free to try out your own mix-in combination!

No-Bake Oatmeal Energy Balls

Try this delicious no-bake Energy Ball recipe! An added bonus, there are six variations so you can include whatever is your favourite, or whatever you have in your pantry! Start with the easy base recipe, then add any of your favorite mix-ins. See mix in notes for nut butter and sweetener suggestions!

Ingredients

ENERGY BALL BASE:

- 1 1/4 cups rolled oats — *you can also swap quick oats or a blend of half quick, half old fashioned, gluten free, whatever you have on hand!*
- 2 tablespoons "power mix-ins" — *chia seeds, flaxseeds, hemp seeds, or additional rolled oats*
- 1/2 cup nut butter of choice — *peanut butter, cashew butter, almond butter, sunflower seed butter*
- 1/3 cup sticky liquid sweetener of choice — *honey or maple syrup*
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- "**MIX-IN**" of your choice! — *see below for flavor options*

"MIX-IN" FLAVOUR OPTIONS (chose one option for each recipe batch or make up your own!):

CLASSIC CHOCOLATE CHIP:	TRAIL MIX:	WHITE CHOCOLATE CRANBERRY	ALMOND JOY:	DOUBLE CHOCOLATE:	OATMEAL RAISIN COOKIE:
<ul style="list-style-type: none"> - any nut butter - <i>honey</i> - <i>1/2 cup chocolate chips</i> 	<ul style="list-style-type: none"> - peanut butter - <i>honey</i> - <i>3 tablespoons chocolate chips</i> - <i>3 tablespoons chopped peanuts</i> - <i>2 tablespoons raisins</i> 	<ul style="list-style-type: none"> - almond butter <i>or cashew butter</i> - <i>honey</i> - <i>1/4 cup dried cranberries</i> - <i>1/4 cup white chocolate chip</i> 	<ul style="list-style-type: none"> - replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes - <i>almond butter</i> - <i>any sweetener</i> - <i>1/4 cup chocolate chips</i> - <i>1/4 cup chopped almonds</i> 	<ul style="list-style-type: none"> - any nut butter - <i>any sweetener</i> - <i>1/2 cup mini chocolate chips</i> - <i>add 2 tablespoons cocoa powder</i> 	<ul style="list-style-type: none"> - almond butter <i>or cashew butter</i> - <i>maple syrup</i> - <i>1/2 cup raisins</i> - <i>add 1/4 teaspoon cinnamon</i>

Instructions

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.
2. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
3. Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter.) Enjoy!

Recipe Notes

- Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
- For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.

Bonus: Tune into SOI's Strong Mindfulness Friday! You must [click here](#) to **register in advance**, in order to access the Friday Mindfulness session!



Saturday May 23:

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 **your last name** 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: DEPAUL

Exercise 1: D – 25 squats

Exercise 4: A – 5 push-ups (toes or knees)

Exercise 2: E – 40 jumping jacks

Exercise 5: U – 30 sec jumping jacks

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

Exercise 6: L – 25 sit ups

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

Example: SOCCER

Exercise 1: S – 25-second front plank

Exercise 4: C – 30 down dog toe taps

Exercise 2: O – 5 burpees

Exercise 5: E – 50 boxer punches

Exercise 3: C – 20 lunges (each leg)

Exercise 6: R – 25 sit ups

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)

May in Motion 2020



Sunday May 24:

BREATHE.

We're back for some more Yoga and Mindfulness this Sunday with Shelbi and Matt! Our two special guests will run another Facebook Live yoga practice and pre/post-yoga body scan for all SOBC athletes!

Tune into [SOBC's Facebook Page](#) at 11 a.m. PT Sunday for this live yoga workout and pre/post-yoga chat with Matt and Shelbi.

If you can't tune in at 11 a.m. PT, don't worry, you can find the video recording [here](#).

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>18</p> <p>May in Motion Weekly Calendar Launch – Special Olympics BC Facebook Live @ 12 p.m. PT <i>Join SOBC – Abbotsford athlete James Clifford with SOBC Sport Coordinator Marlow de Paul to launch this week's May in Motion calendar!</i></p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>19</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p>	<p>20</p> <p>What's On Your Mind Wednesday – SOBC Facebook Live @ 2 p.m. PT <i>Come chat with SOBC – Delta athlete Chelsea Kaake, retired BC Lions quarterback Travis Lulay, and SOBC Sport Coordinator Marlow de Paul!</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>21</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>22</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> <p>SUNDAY 24</p> <p>May in Motion Facebook Live Yoga Practice and Body Scan – SOBC Facebook Page @ 11 a.m. PT <i>Join yoga instructor Shelbi and mental performance consultant Matt!</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!