

SOBC: Move-it March Wellness Challenge

Welcome to the SOBC Move-it March Challenge!

STEP #1: Register for the SOBC Move-it March Wellness Challenge.

[REGISTER HERE](#)

Check out these awesome photos of our past challenge participants!



STEP #2: In this step, you must set two (2) goals that you would like to accomplish, over the course of this 5-week SOBC Move-it March Wellness challenge. Your goals can be about health, wellness, sports, school, personal goals, professional goals... anything you would like! You will be asked to fill out your goals upon registering!

Here are some examples to inspire you;

- ✓ I want to exercise for 20 minutes every weekday!
- ✓ Maybe you want to focus of practicing one of the Strong Minds techniques every day of the challenge.
- ✓ Perhaps you want to walk 2 kilometers per day, every day!
- ✓ Maybe you want to focus on nutrition and getting 5 servings of fruits and vegetables each day.
- ✓ I want to drink 2L of water each day!
- ✓ Maybe you want to do yoga once a week every week of the challenge!

These are just a few ideas and examples of what goals could look like, your goals should be whatever YOU want to achieve, by the end of the month! Make sure your goal is specific (with a number in the goal), not just something like "I want to be healthier"... this is too general, and we will not be able to measure that we have achieved it. **We want a very specific goal!**

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STEP #3: Read the challenge goals and guidelines.

GOALS AND GUIDELINES

The SOBC Move-It March Wellness Challenge is a 5-week challenge taking place from March 1 and finishing on April 4. The goal for the SOBC Move-it March Wellness Challenge Calendar is to move our bodies, drink water, and get our servings of fruits and vegetables EVERY DAY for the duration of the challenge.

There are 3 categories in the challenge:

1. **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 have 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, 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 do not do any physical activity!
2. **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.
3. **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 very end of this PDF, you will find a list of wellness activity ideas that can be used towards the **green wellness category**. This includes a variety of things like at-home workouts, walks, 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 very own thing. Make sure to write into that calendar what you do each day! The really cool thing about this calendar is you can type right into the box of each day, to fill out what you did that day!

We will be awarding FIVE (5) SOBC Wellness Prize Packs to five (5) challenge participants!

1. One (1) will go to the top completer with the most points.
2. The other 4 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!

STEP #4: Complete the fillable PDF below.

STEP #5: Once the SOBC Move-it March Wellness Challenge has completed (April 4), **submit your *completed* challenge calendar to Sport Coordinator, Marlow de Paul (mdepaul@specialolympics.bc.ca // 604-737-3081) to be entered to win one of the 5 SOBC Wellness Prize Packs!**

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WEEK #1: March 1st – March 7th

	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>1 point / completed day</p>	<p>Step #1:</p> <p>REGISTER</p> <p>Click to register for the challenge. Don't forget to invite your friends and teammates!</p>	 <p>Tune into the SOBC Facebook Page @ 6:30pm PT for a Live Trainer Tuesday Workout</p>	 <p>Tune into the SOBC Facebook Super Live today @ 6:30pm PT</p>				 <p>RECOVERY is important – consider taking a REST day today!</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>CLICK A PIC! </p> <p>Submit a photo/video of you creating a meal or getting your servings of fruit and veg and receive a bonus point for the giveaway!</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>			<p>HYDRATION HACK! </p> <p>Start every morning off by drinking one glass of water – before coffee, tea, or juice!</p>					<p>Total Weekly Points:</p> <p>(1 point for each checked box)</p>

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WEEK #2: March 8th – March 14th

	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>1 point / completed day</p>		 <p>Tune into the SOBC Facebook Page @ 6:00pm PT for a Live Trainer Tuesday Workout</p>		 <p>RECOVERY is important – consider taking a REST day today!</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>CLICK A PIC! </p> <p>Submit a photo/video of you creating a meal or getting your servings of fruit and veg and receive a bonus point for the giveaway!</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>						<p>HYDRATION HACK! </p> <p>Eat foods with high water content! Cucumbers, tomatoes, grapes, all contain a large percentage of water!</p>		<p>Total Weekly Points:</p> <p>(1 point for each checked box)</p>

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WEEK #3: March 15 th – March 21 st							
	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>1 point / completed day</p>		 <p>Tune into the SOBC Facebook Page @ 4:30pm PT for a Live Trainer Tuesday Workout</p>				 <p>RECOVERY is important – consider taking a REST day today!</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>CLICK A PIC! </p> <p>Submit a photo/video of you creating a meal or getting your servings of fruit and veg and receive a bonus point for the giveaway!</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>		<p>HYDRATION HACK! </p> <p>Drink from a straw! You're more likely to swallow more at a time when you drink from a straw compared to when you sip directly from the bottle.</p>					<p>Total Weekly Points:</p> <p>(1 point for each checked box)</p>

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WEEK #4: March 22nd – March 28th

	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>1 point / completed day</p>		 <p>Tune into the SOBC Facebook Page @ 6:00pm PT for a Live Trainer Tuesday Workout</p>		 <p>RECOVERY is important – consider taking a REST day today!</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>CLICK A PIC! </p> <p>Submit a photo/video of you creating a meal or getting your servings of fruit and veg and receive a bonus point for the giveaway!</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>					<p>HYDRATION HACK! </p> <p>Make your water bottles FUN! Add stickers or pick one you LOVE. This makes you more likely to bring it wherever you go!</p>			<p>Total Weekly Points:</p> <p>(1 point for each checked box)</p>

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WEEK #5: March 29 th – April 4 th								
	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>1 point / completed day</p>		 <p>Tune into the SOBC Facebook Page @ 6:30pm PT for a Live Trainer Tuesday Workout</p>					 <p>RECOVERY is important – consider taking a REST day today!</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>CLICK A PIC! </p> <p>Submit a photo/video of you creating a meal or getting your servings of fruit and veg and receive a bonus point for the giveaway!</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>			<p>HYDRATION HACK! </p> <p>Try adding fruits and veggies to your what to give it a little flavour! I love mixed berries, cucumber and mint, lemon/lime!</p>					<p>Total Weekly Points:</p> <p>(1 point for each checked box)</p>

Move-it March Wellness activity idea list

*The activities listed below are optional and are just included here to help give you some ideas towards the wellness category of the challenge calendar! You can use these activities or write in your own! You can repeat each activity more than once over the course of the challenge! Aim to have at least 3-4 “get moving” or “yoga” activities each week. And remember to give your body a rest day once per week***

Get Moving → Activities, practices, and at-home workouts

1. **Get Moving #1** – Attend any one of your SOBC virtual/indoor/outdoor practices – this includes Virtual FFF, Club Fit, snowshoe, cross country skiing, alpine skiing, Music Movers, yoga, virtual programs, dryland, etc. (make sure to write down in your calendar what you attended!)
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** – Have a 20-minute dance party to your favourite playlist!
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 #9** – 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 #10** – 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 times.
11. **Get Moving #11** – [Complete the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!
12. **Get Moving #12** – [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 #13** – Check out Special Olympics International’s [School of Strength](#) at-home training videos with WWE superstar Becky Lynch
14. **Get Moving #14** – Complete this super cool [Jenga Workout with Anytime Fitness](#) and Special Olympics!
15. **Get Moving #15** – Join [Sarah from motionball Vancouver for a great at-home body weight workout](#)
16. **Get Moving #16** – Another [workout with Sarah from Motionball Vancouver – at home body weight](#)
17. **Get Moving #17** – Another [workout with Sarah from Motionball Vancouver – at circuit!](#)
18. **Get Moving #18** – [a fourth GREAT bodyweight workout with Sarah from motionball Vancouver](#)
19. **Get Moving #19** – Complete this [full body at-home DANCE](#) workout (30 mins)
20. **Get Moving #20** – Complete this [full body at-home Cha-Cha DANCE](#) workout (30 mins)
21. **Get Moving #21** – Complete this [at-home full body workout brought to you by Alison Gaudet and Special Olympics Ontario](#) (40 mins)
22. **Get Moving #22** – Follow along with [Coach Shayla for this at-home workout](#) session (50 minutes)
23. **Get Moving #23** – Complete this awesome ENDURANCE workout with [coach Shannon from Anytime Fitness](#) (25mins)
24. **Get Moving #24** – Complete any @ home workout of your choosing, maybe with a family member or friend (you could even do this over facetime!)
25. **Get Moving #25** – Complete this fantastic [SEATED Strength Workout with Anytime Fitness](#), grab a chair and build some muscles!
26. **Get Moving #26** – Complete this [great at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
27. **Get Moving #27** – Complete this [another at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
28. **Get Moving #28** – Complete this [third at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
29. **Get Moving #29** – Complete this [full body at-home DANCE](#) workout (30 mins)
30. **Get Moving #30** – Vacuum the house for 30 minutes!
31. **Get Moving #31** – Clean your house/room for 30 minutes!
32. **Get Moving #32** – Go outside (or stay at home) and find a set of stairs. Walk, or run, up and down the stairs for 30 minutes.
33. **Get Moving #33** – Wild Card! Any physical activity completed for a minimum of 25 minutes
34. **Get Moving #34** – Go for a hike!
35. **Get Moving #35** – Go skiing or snowboarding!
36. **Get Moving #36** – Go snowshoeing!
37. **Get Moving #37** – 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

38. **Yoga #1** – Complete [this at-home yoga for beginners’ session](#) with Adriene (25 mins)
39. **Yoga #2** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
40. **Yoga #3** – Complete [this at-home yoga](#) with instructor Shelbi (30mins)
41. **Yoga #4** – [Yoga Session with Blissability Yoga](#) – standing or seated yoga (30 mins)

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42. **Yoga #5** – Complete this [Chair Yoga](#) session (25 mins)
43. **Yoga #6** – Complete this [Bedtime Stretches for an amazing night's sleep Yoga Video](#) brought to you by Special Olympics Ireland
44. **Yoga #7** – Complete this [Yoga Practice lead by Heather from Special Olympics North Carolina](#) (30 mins)
45. **Yoga #8** – [Follow along with Shelbi and complete this at-home Yoga Practice!](#)
46. Complete the [Building a Routine At Home](#) template (share it with Marlow for a bonus entry!)
47. Take a look at the [Mental Skills Training for SOBC Athletes](#), developed by Strong Minds Clinical Director Sarah Kiengersky
48. **Read about Good Sleep Habits** → [Practice these habits](#) and get 8 hours of sleep!

Eat! → Healthy, simple recipes, and nutrition education

1. **Recipe #1** – [Ultimate Grilled Cheese Sandwich](#) with SOO Athlete Chef Matthew Fields (15mins)
2. **Recipe #2** – [Berry Lean Yogurt Bars](#) with SOO Athlete Chef Gohulan Rajalingam (15mins)
3. **Recipe #3** – [Black Bean Tacos](#) with SOO Athlete Chef Val Nyhout (15mins)
4. **Recipe #4** – Check out and make [this delicious Egg Breakfast wrap](#) recipe
5. **Recipe #5** – Check out this [quick and easy rice cake snack recipe](#)
6. Try Mixing in fruit or veggies to your 5 glasses of water today, to give it some extra flavour
7. Listen to the [Health Athlete Nutrition Video](#), created by Zach and Jesse! – 5 mins
8. **Recipe #6** – Follow along with Sobey's Dietitian and Special Olympics Canada and make a delicious [Strawberry Slushy](#)
9. **Recipe #7** – Follow along with Sobey's Dietitian and Special Olympics Canada and make a [Chicken, Peach, and Arugula Pizza!](#)
10. **Recipe #8** – Pick from these 4 [delicious and nutritious smoothie recipes!](#)
11. **Recipe #9** – [Overnight Oats](#)
12. **Recipe #10** – [Rainbow Fruit Skewers](#)
13. **Recipe #11** – [Fun Flatbread Pizza!](#)
14. **Recipe #12** – [Simple and Easy and Delicious Zesty Bean Dip](#)
15. **Recipe #13** – Get creative with [Banana Sushi!](#)
16. **Recipe #14** – [Good Morning Egg Roll-Up](#)
17. **Recipe #15** – [Muffin-Tin Egg Bites](#)
18. **Recipe #13** – [No-Bake Granola Bars](#)
19. **Recipes** → Check out all sorts of GREAT [recipes from Canada's Food Guide](#)
20. **Make up your own recipe and send it to me!**
21. **Health Education** – Check out the [Fit 5 Guide](#) and learn about nutrition, hydration and physical activity – email Marlow if you have any questions about the guide