

# SOBC Monthly At-Home Wellness Challenge



## NON-STOP NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p> <p>Today is a "bye" day – no need to complete an activity just read the rules of the challenge!</p>	<p>2</p>	<p>3</p>	 <p>4</p> <p>Tune into the <a href="#">SOBC Super Live today at 6:30pm PT</a></p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>29</p>	 <p>30</p> <p>Complete <a href="#">the following form to receive your Non-Stop November Certificate</a> and to be entered to win the Wellness Prize Pack!</p>					

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## The Rules:

The goal for this month's Non-Stop November Calendar challenge is to complete a healthy, active, or wellness, activity **every day** for the month of November. Right now there are a lot of different things going on, and I wanted to provide some flexibility and leave it up to you to decide what activity works best for you that day!

Below you will find a list of wellness activities that count towards the November challenge. 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!

Complete one of these activities every day, for 30 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! Submit your final **filled out** and complete 30 day calendar and you will be entered to win an SOBC Wellness Prize pack!

At the end of the month, submit your completed calendar to Sport Coordinator, Marlow de Paul ([mdepaul@specialolympics.bc.ca](mailto:mdepaul@specialolympics.bc.ca) //604-737-3081) and be entered in the draw for a SUPER WELLNESS GIVEAWAY.

## NONSTOP NOVEMBER CHALLENGE – ACTIVITY 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\*\**

### Get Moving → Activities, Practices and at-home Workouts

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

1. **Get Moving #1** – Attend one of your SOBC practices – bocce, golf, club fit, athletics, Virtual FFF, Dance Club, Virtual programs, Dryland, etc. (make sure to write down in your calendar what you attended!)
2. **Get Moving #2** – Go out for a walk (30mins minimum)
3. **Get Moving #3** – Go out for a run (30mins minimum)
4. **Get Moving #4** – Go for a bike ride (30mins minimum)
5. **Get Moving #5** – Grab a skipping rope and jump rope for 15 minutes!
6. **Get Moving #6** – Go outside 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

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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** – Check out Special Olympics International’s [School of Strength](#) at-home training videos with WWE superstar Becky Lynch (30mins)
12. **Get Moving #12** – Complete this super cool [Jenga Workout with Anytime Fitness](#) and Special Olympics
13. **Get Moving #13** – Join [Sarah from motionball Vancouver for a great at-home body weight workout!](#)
14. **Get Moving #14** – Complete this [full body at-home DANCE](#) workout (30 mins)
15. **Get Moving #15** – Complete this [at-home full body workout brought to you by Alison Gaudet and Special Olympics Ontario](#) (40 mins)
16. **Get Moving #16** – Follow along with [Coach Shayla for this at-home workout](#) session (50 minutes)
17. **Get Moving #17** – Complete this awesome ENDURANCE workout with [Coach Shannon from Anytime Fitness](#) (25mins)
18. **Get Moving #18** – Complete any @ home workout of your choosing, maybe with a family member or friend (you could even do this over facetime!)
19. **Get Moving #19** – Complete this fantastic [SEATED Strength Workout with Anytime Fitness](#), grab a chair and build some muscles!
20. **Get Moving #20** – Complete this [great at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
21. **Get Moving #21** – Complete this [full body at-home DANCE](#) workout (30 mins)

## Breathe → Mindfulness, Yoga and Mental Wellness

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

22. **Yoga #1** – Complete [this at-home yoga for beginners session](#) with Adriene (25 mins)
23. **Yoga # 2** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
24. **Yoga # 3** – Complete [this at-home yoga](#) with instructor Shelbi (30mins)
25. **Yoga #4** – [Yoga Session with Blissability Yoga](#) – standing or seated yoga (30 mins)
26. **Yoga #5** – Complete this [Chair Yoga](#) Session (25 mins)
27. **Yoga #6** – Complete this [Bedtime Stretches for an amazing night's sleep Yoga Video](#) brought to you by Special Olympics Ireland
28. **Yoga #7** – Complete this [Yoga Practice lead by Heather from Special Olympics North Carolina](#) (30 mins)

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Special  
Olympics  
British Columbia



29. Complete the [Building a Routine At Home](#) Template (share it with Marlow for a bonus entry!)
30. Take a look at the [Mental Skills Training for SOBC Athletes](#), developed by Strong Minds Clinical Director Sarah Kiengersky
31. **Read about Good Sleep Habits** → [Practice these habits](#) and get 8 hours of sleep!

**Eat! → Healthy, simple recipes, and nutrition education**

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

32. **Recipe #1** – [Ultimate Grilled Cheese Sandwich](#) with SOO Athlete Chef Matthew Fields (15mins)

- a. Food You Will Need to Make Your Meal
  - Shredded Cheddar Cheese
  - Bread or rolls
  - Roasted red pepper
  - Green onion
  - Salami, Ham or Turkey
  - Mayo or Mustard
  - Olive oil
- b. Things That You Will Need to Make Your Meal
  - Knife
  - Cutting board
  - Frying pan
  - Spatula

33. **Recipe #2** – [Berry Lean Yogurt Bars](#) with SOO Athlete Chef Gohulan Rajalingam (15mins)

- a. Food You Will Need to Make Your Snack
  - 4 cups of yogurt (any flavour)
  - 1/3 cup of honey
  - 1 teaspoon of vanilla extract
  - 1/2 of a lemon
  - Pinch of salt
  - Fruit and nut toppings of your choice
    - o Raspberries
    - o Blueberries
    - o Chopped Strawberries
    - o Crushed walnuts
- b. Things That You Will Need to Make Your Snack
  - Baking tray
  - Silicon baking sheet or parchment paper
  - Spatula
  - Knife
  - Lemon squeezer
  - Freezer

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34. **Recipe #3** – Check out and make [this delicious Egg Breakfast wrap](#) recipe
35. **Recipe #4** – Check out this [quick and easy rice cake snack recipe](#)
36. **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
37. **Drink 5 bottles of water today!** Try Mixing in fruit or veggies to give it some extra flavour.
38. Listen to the [Healthy Athlete Nutrition Video](#), created by Zach and Jesse! – 5 mins
39. Check out the [Fit 5 Guide](#) and learn about nutrition, hydration and physical activity!

## Other Wellness Opportunities

40. Attend one of the Virtual Healthy Athletes Education Sessions (Health Promotion, Strong Minds, Healthy Hearing) – 60 mins
  - a. November 4<sup>th</sup> @ 6:00pm – Healthy Hearing ([register here](#))
41. Tune into the SOBC November Super Live on Wednesday November 4<sup>th</sup> @ 6:30pm on the SOBC Facebook Page – 60-90 minutes