

SOBC Monthly At-Home Wellness Challenge

Special
Olympics
British Columbia



OUTSTANDING OCTOBER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|---------|--|----------|--------|--|--|
| <i>example:</i> | | | 1 | 2 | 3 | 4 |
| 5 | 6 |  Tune into the SOBC Super Live today at 2pm PT | 8 | 9 |  Happy World Mental Health Day! Do something today that makes you happy! |  Happy Thanksgiving! Write down something you're thankful for today! |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |  Complete the following form to receive your Outstanding October Certificate and to be entered to win the Wellness Prize Pack! | 31 |

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This month's calendar looks a little different! Let me tell you why...The goal for this month's challenge is to complete a healthy, active, or wellness activity **every day** for the month of October. However, with so much going on and some programs starting back up I wanted to give you the choice of what you're doing every day. Below you will find a LIST of wellness activities that count towards the October challenge. 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! Submit your final filled out calendar and get entered to win an SOBC Wellness Prize pack!

** 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**

OUTSTANDING OCTOBER CHALLENGE - ACTIVITY LIST

Get Moving → Activities, Practices and at-home Workouts

1. **Get Moving #1** – Attend one of your SOBC practices – bocce, golf, club fit, athletics, virtual FFF, dance club, 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 jog (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
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

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- ✓ 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 [low-impact at-home cardio workout!](#)
 13. **Get Moving #13** – Join Sarah from motionball Vancouver for a great at-home body weight workout! [Click here to follow along with today's terrific full-body at-home 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](#) (30 mins)
 16. **Get Moving #16** – Follow along with [Coach Shayla for this at-home workout](#) session (50 minutes)
 17. **Get Moving #17** – Follow along with [Coach Shannon from Anytime Fitness for this at-home workout](#) (22mins)

Breathe → Mindfulness and Yoga

18. **Yoga #1** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
19. **Yoga # 2** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
20. **Yoga # 3** – Complete [this at-home yoga](#) with instructor Shelbi (30mins)
21. **Yoga #4** – [Yoga Session with Blissability Yoga](#) – standing or seated yoga (30 mins)
22. **Yoga #5** – Complete this [Chair Yoga](#) Session (25 mins)
23. Complete the [Building a Routine At Home](#) Template (share it with Marlow if you’d like! mdepaul@specialolympics.bc.ca)
24. Take a look at the [Mental Skills Training for SOBC Athletes](#), developed by Strong Minds Clinical Director Sarah Kiengersky

Eat! → Healthy, simple recipes, and nutrition education

25. **Recipe #1** – [Black Bean Tacos](#) with SOO Athlete Chef Val (15mins)
26. **Recipe #2** – [Oat and Pumpkin No Bake Energy Bites](#) from Canada’s Food Guide (5 mins, 1 hour in fridge)
27. **Recipe #3** – [Fun Flatbread Pizza](#) from Canada’s Food Guide (15min)
28. **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
29. **Drink 5 bottles of water today!** Try Mixing in fruit or veggies to give it some extra flavour.
30. **Get 8 hours of sleep tonight!**
31. **Recipe #4** – Join Sobey’s 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

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- ✓ 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

Other Wellness Opportunities

32. Attend one of the Virtual Healthy Athletes Education Sessions (Health Promotion, Strong Minds, Healthy Hearing) – 60 mins
33. Listen to the [Healthy Athlete Nutrition Video](#), created by Zach and Jesse! – 10 mins