



Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our **SOBC Summer Sweat** 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](mailto:mdepaul@specialolympics.bc.ca)

## SOBC SUMMER SWEAT – Wellness Calendar AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>10</b></p> <p><b>MOVE IT MONDAY!</b> Let's Move-It Monday with <a href="#">this cardio boosting, fun and challenging at-home dance workout!</a> Cardio is an important part of every athlete's routine!</p> <p><i>Click below to follow along with the workout.</i></p> 	<p><b>11</b></p> <p><b>TRAINER Tuesday!</b> Today we are following along with <a href="#">SOBC – Kelowna Club Fit coach Shayla</a> for one of her fantastic Facebook workouts!</p> <p><i>Remember to leave a comment thanking coach Shayla!</i></p> 	<p><b>12</b></p> <p><b>MOVE!</b> Today's challenge is brought to you by Anytime Fitness. Grab a ball (any ball – I used a soccer ball) and <a href="#">click here to join coach Rachel for an extra fun Workout Wednesday!</a></p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p><b>13</b></p> <p><b>TRAIN!</b> <i>ACTIVE ATHLETE ALPHABET IS BACK!</i> Click below to follow along with this fun circuit workout. What will our alphabet words be this week?!</p> <p><i>Send in a photo or video of you tackling this workout!</i></p> 	<p><b>14</b></p> <p><b>EAT!</b> Today's wellness challenge is an easy, healthy, and delicious at-home recipe! Try out this yummy Peanut Butter Banana Chocolate Smoothie Recipe!</p> <p><i>Tag us in a photo or video of you and your recipe creation!</i></p> 	<p><b>15</b></p> <p><b>MOVE!</b> Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's School of Strength videos. Click below to join the fun!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p><b>16</b></p> <p><b>BREATHE.</b> Focus on a healthy body and mind today! Yoga is a key part of every athlete's routine. Click below to follow along with Blissability Yoga for your weekly yoga practice!</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 de Paul ([mdepaul@specialolympics.bc.ca](mailto: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

Summer is HERE and so is the SUN! UV rays are powerful. <a href="#">Watch this video about sun safety!</a>	Complete the SOBC Summer Sweat Monday Challenge	Get 8 hours of sleep!	Beat the heat! Drink 2-3L of water in one day. Try mixing in frozen or fresh fruit – my favourite is mixed berry!	Take a break from screens. Colour and doodle! <a href="#">Click here</a> to find SOBC's #ChooseToInclude colouring pages!
Try eating a vegetable at every meal today! Get creative! Send in a picture of what you ate 😊	Beat the heat! Drink 2-3L of water in one day. Try mixing in frozen or fresh fruit – my favourite is mixed berry!	Complete the SOBC Summer Sweat Tuesday Challenge	Write down goals for the month of August. Make sure these are measurable goals, and challenging but achievable!	Walk 10,000 steps in one day!
Complete the SOBC Summer Sweat Wednesday Challenge	Nutrition Tip! Fruit is high in fiber and great for energy before a workout! Try a new fruit this week.		Complete the SOBC Summer Sweat Thursday Challenge	Check out the <a href="#">SOI Fit 5 guide</a> and learn all about how to achieve your personal best!
Complete a virtual Club Fit workout <a href="#">on Facebook Live with SOBC – Kelowna coach Shayla</a> Mon-Wed-Fri at 10 a.m. PT!	Complete the SOBC Summer Sweat Friday Challenge	Call one person you care about (family, friend, teammate, etc.) and ask them about their day!	Complete the <a href="#">Building a Routine at Home Template</a> , and share a photo! ( <a href="mailto:mdepaul@specialolympics.bc.ca">mdepaul@specialolympics.bc.ca</a> )	Complete the SOBC Summer Sweat Saturday Challenge
Tune in to the SOBC Monday <a href="#">Facebook Live</a> on August 10 at 12 p.m. PT	Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)	Complete the SOBC Summer Sweat Sunday Challenge	Get 8 hours of sleep!	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!



## Monday August 10:

Let's Move-It Monday with [this cardio boosting, fun and challenging at-home dance workout!](#) Cardio is an important part of every athlete's routine, but let's make it extra fun this week by learning some new dance moves today!

*BINGO ENTRY 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](mailto:mdepaul@specialolympics.bc.ca)) / 604-737-3081*

## Tuesday August 11:

It's TRAINER TUESDAY! Today we are following along with [SOBC – Kelowna Club Fit coach Shayla](#) for one of her fantastic at-home strength training Facebook workouts. Grab a towel, water bottle, and some open space and get moving with coach Shayla! Remember to check out coach Shayla's other LIVE workout on Mondays-Wednesday-Fridays at 10AM on the SOBC Kelowna Facebook Page!

*Remember to leave a comment thanking coach Shayla!! BINGO ENTRY 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](mailto:mdepaul@specialolympics.bc.ca)) / 604-737-3081*

## Wednesday August 12:

### TRAIN!

We're continuing to partner up with Anytime Fitness for our awesome Workout Wednesday sessions! For today's workout you need yourself, a water bottle, a towel, and a BALL (this can be a soccer ball, volleyball, anything you have at home!)

[Click here to follow along with Coach Rachel from Anytime Fitness](#) and have a blast with this inclusive fitness workout! Feel free to complete a few more rounds of this one to really challenge yourself!

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## Thursday August 13:

**MOVE!** 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 – 15 squats	W – 5 burpees
F – 10 push-ups (from toes or knees)	O – 30 down dog toe taps	X – 45-second plank
G – 45-seconds of high knees	P – 5 burpees	Y – 25 sit ups
H – 25 squats	Q – 20 lunges (10 each side)	Z – 25 squats
I – 15-second side plank, each side	R – 5 push-ups (toes or knees)	

### PART 1: Warm up with SOBC – Oceanside 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 favourite SOBC Sport to participate in** by completing the exercise associated with each letter. Rest for 2 minutes, between each round. Sports with 4 letters or less complete 4-5 rounds, Sports with 5 letters or more complete 3 rounds..

**Example: SOCCER**

**S** – 25 squats

**C** – 20 lunges (each leg)

**O** – 30 down dog toe taps

**E** – 30 seconds jumping jacks

**C** – 20 lunges (each leg)

**R** – 5-push-ups (toes or knees)

**PART 3:** Using the “Active Athlete Alphabet” chart, spell out **your favourite colour** by completing the exercise associated with each letter. Rest for 2 minutes, between each round. Colours with 4 letters or less complete 4-5 rounds, colours with 5 letters or more complete 3 rounds.

**Example: GREEN**

**G** – 15 superman's

**E** - 45-second wall sit

**R** – 5 burpees

**N** – 30 down dog toe taps

**E** – 5 push-ups (toes or knees)

**PART 4:** 5 minutes of stretching to cool down. You pick the stretches, hold them for 30 seconds each.

**BINGO ENTRY 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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)



## Friday August 14:

### EAT!

Today's challenge is an easy and healthy at-home recipe! Try this fun, easy, and nutrient-packed smoothie!

## Peanut Butter Banana Chocolate Smoothie

Makes 3 servings

### INGREDIENTS:

- ✓ 1/2 cup oats, quick or old-fashioned
- ✓ 2 tablespoons chia seeds
- ✓ 2 bananas, broken into chunks & frozen
- ✓ 1 cup Milk or Milk alternative (almond, cashew, oat, 1%, 2%)
- ✓ 1/2 cup plain Greek yogurt
- ✓ 3 tablespoons peanut butter or alternative
- ✓ 2 tablespoons unsweetened cocoa powder
- ✓ 1 tablespoon honey, optional
- ✓ 1/4 teaspoon pure vanilla extract

### DIRECTIONS:

1. Measure oats and chia seeds into blender. Blend until ground into a fine powder.
2. Add the frozen bananas, add the milk you've chosen to use, Greek yogurt, almond butter, cocoa powder, honey (if using), vanilla, and almond extract.
3. Blend on high power until completely smooth, scraping the sides of the pitcher halfway through if any ingredients are sticking
4. Serve immediately.

### TIPS

- You can use fresh or frozen banana, just make sure to add ice if you use fresh!
- Chia seeds are high in fiber (which is great for digestion) and in omega 3's (which are healthy fats that improve brain function and help with our overall health!
- This is a great smoothie to have for breakfast, or as a pre-workout meal – make sure to give yourself enough digesting time before training!



## Saturday August 15:

**MOVE! TRAIN!** Check out Special Olympics International's [School of Strength](#) at-home training videos with WWE superstar Becky Lynch!

Here's what you're going to need for this workout:

- A rug/towel or exercise/yoga mat
- A bottle of water
- A chair, wall, or sturdy surface you can lean on
- Enough space to spread your arms wide

Start with the Warm-Up Video. Complete this video one time through. This is your introduction to the School of Strength. Use the stretches in this video to warm up before every workout. Warming up prepares your muscles for exercise. That helps you perform better, and keeps you from feeling sore after your workout. You'll increase your flexibility, and protect yourself from getting hurt. Let's go!

### 1. [Warm-Up](#)

Once you're done the warm-up, grab a sip of water and start the next video. Get ready to ignite your endurance, Superstars! These exercises help strengthen your heart and lungs. This helps you to practice or exercise longer and with fewer breaks.

### 2. [Endurance](#)

Great work! Grab another sip of water before we move onto part 3! Get ready to feel the burn. Work out with this video to build muscles in your back, stomach, legs, and arms. These exercises help your body stay strong and fit by building healthy bones and muscles.

### 3. [Strength](#)

You're almost there! Grab another sip of water, you've made it to your final challenge. Get ready to boost your balance! Balance affects everything that you do. Training with this video can improve your skills in every single sport. It even helps prevent injuries.

### 4. [Balance](#)



## **Sunday August 16:**

### **BREATHE.**

YOGA. For today's SOBC Summer Sweat Challenge we are continuing to develop our yoga practice. We've got another [video this week brought to you by our wonderful friends at Blissabilty Yoga for Special Olympics Ontario.](#)

Yoga is an essential part of every athlete's regimen. As athletes we focus on a healthy body, but we also need to focus on a healthy mind. Use yoga to help keep you calm and relaxed, and to stretch and strengthen your body and mind!

*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](mailto:mdepaul@specialolympics.bc.ca) / 604-737-3081)*