



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>17</b></p> <p><b>MOVE IT MONDAY!</b> Let's Move-It Monday with <a href="#">this cardio boosting, at-home low-impact 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>18</b></p> <p><b>TRAINER Tuesday!</b> Today we are following along with <a href="#">SOBC – Campbell River Club Fit coaches Ailsa and Elena</a> for one of their fantastic Facebook workouts!</p> <p><i>Remember to leave a comment thanking coaches Ailsa and Elena!</i></p> 	<p><b>19</b></p> <p><b>SWEAT!</b> Today's challenge is brought to you by Anytime Fitness. <a href="#">Click here to join coach Rachel for an extra fun Workout Wednesday!</a></p> <p><i>Bonus: Tag us in a photo or video of you doing this workout!</i></p> 	<p><b>20</b></p> <p><b>MOVE!</b> Today's activity challenge is heading outside for a walk – but wait there's a twist! Click below to find out what it is!</p> <p><i>Bonus: Send in a photo or video of you tackling this challenge!</i></p> 	<p><b>21</b></p> <p><b>EAT!</b> Today's wellness challenge is an easy, healthy, and delicious at-home recipe! Try out this tasty summer treat: Frozen Yogurt Bites!</p> <p><i>Bonus: Tag us in a photo or video of you and your culinary creation!</i></p> 	<p><b>22</b></p> <p><b>MOVE!</b> Today's challenge is to complete all of Special Olympics International's School of Strength videos. Click below to join the fun!</p> <p><i>Bonus: Tag us in a photo or video of you doing this workout!</i></p> 	<p><b>23</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 for your weekly yoga practice!</p> <p><i>Bonus: Tag us in a photo or video of you doing this workout!</i></p> 



## Monday August 17:

Today's **Move-It Monday workout is an at-home cardio routine!** Cardio is an important part of every athlete's routine. Make sure you've got some space and a water bottle, and get ready to move!

*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 18:

It's **TRAINER TUESDAY!** Today we are joining **SOBC – Campbell River Club Fit coaches Ailsa and Elena** for one of their fantastic at-home workouts! Today workout is a full-body bodyweight session. Find a towel, a water bottle, and some open space, and get moving with your coaches for today! Please remember to leave a comment thanking coaches Ailsa and Elena!

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## Wednesday August 19:

### TRAIN!

We're continuing to partner up with Anytime Fitness for our awesome Workout Wednesday sessions! For today's workout you need a water bottle, a towel, and a BALL. (This can be a soccer ball, a volleyball, or 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 20:**

### **MOVE!**

Today's activity is a walk! Remember to maintain appropriate physical distancing. Getting outside and walking is so great for our body and minds! And we have added a fun little twist to this outing: Complete these challenges before, during, and after your walk!

- ✓ Wear a hat and sunscreen on your walk outside
- ✓ Wash your hands before you leave for you walk
- ✓ Bring a bottle of water, and finish drinking it by the time you get home
- ✓ Do five squats every time you see someone with their dog
- ✓ Do 15 jumping jacks at every stop sign
- ✓ Jog for 20 seconds every time you see a red or yellow car
- ✓ Wash your hands when you get home from your walk
- ✓ Write down your favourite part of the walk, how it made you feel and why you loved it!



## Friday August 21:

### EAT!

Today's challenge is an easy and healthy at-home recipe! Try this fun, easy, and cool treat!

## Delicious Frozen Yogurt Bites

Total time: 2 hours

### INGREDIENTS:

- ✓ 1 cup fruit of choice, cut into small pieces as needed (I like berries and kiwis!)
- ✓ 2 tablespoons honey
- ✓ pinch of salt
- ✓ 1 cup full-fat plain Greek yogurt
- ✓ 1 cup granola (use your favourite!)

### DIRECTIONS:

1. Arrange 24 mini cupcake liners in a mini muffin tin, on a plate, or on a baking sheet and set aside.
2. Make the fruit & yogurt filling: Add the fruit to a medium bowl and drizzle the honey over top. Using a fork or the back of a spoon, mash the fruit with the honey, until the fruit is smashed, with small pieces remaining. If you're using larger fruit, like strawberries, you can dice it into smaller pieces to help make this a little easier. If you're using smaller/juicier fruit, like raspberries, they'll mash pretty easily on their own. Stir in the salt and Greek yogurt and mix until combined.
3. Assemble the bites by placing a teaspoon or two of the granola in the bottom of each prepared cupcake liner. Top with a spoonful of the frozen yogurt mixture. If you'd like, you can pop a piece of fruit or a sprinkle of granola on top of the yogurt for a fun garnish.
4. Freeze: Place the frozen yogurt bites in the freezer to set for at least 2 hours before serving. Enjoy!

### TIPS

- Storage: Frozen yogurt bites will keep stored a freezer bag or container in the freezer for 2-3 weeks.
- Yogurt: Full-fat Greek yogurt is the way to go for these frozen yogurt bites! Because it has a lower water content than low- or non-fat yogurt, the bites will be less likely to get that crystalized icy quality to them, making these bites a little creamier – more like frozen yogurt!



## Saturday August 22:

### 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 23:**

### **BREATHE.**

Yoga is an essential part of every athlete's regime. 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! For today's SOBC Summer Sweat Challenge we have a great yoga video for yogis of all abilities. This video features two instructors, one seated and one standing. [Please click here](https://youtu.be/KEjXtb2hRg) and follow along with whichever variation best suits you today! <https://youtu.be/KEjXtb2hRg>

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