



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>24</b></p> <p><b>MOVE IT MONDAY!</b><br/>Let's Move-It Monday with <a href="#">this cardio-boosting at-home DANCE workout!</a> Moving and grooving is a great way to work out, so get ready to boogie!</p> <p><i>Click below to follow along with the workout.</i></p>  | <p><b>25</b></p> <p><b>TRAINER Tuesday!</b><br/>Today we are following along with <a href="#">SOBC – Kelowna's Club Fit coach Shayla</a> for a great full-body workout!</p> <p><i>Remember to leave a comment thanking Shayla!</i></p>  | <p><b>26</b></p> <p><b>SWEAT!</b><br/>Today's challenge is brought to you by Anytime Fitness. It's another fun and challenging one! <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>27</b></p> <p><b>MOVE!</b><br/>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>Send in a photo or video of you tackling this challenge!</i></p>  | <p><b>28</b></p> <p><b>EAT!</b><br/>Today's wellness challenge is an easy, healthy, and delicious at-home recipe! Try out this tasty summer treat: Banana Chocolate Bites!</p> <p><i>Tag us in a photo or video of you and your recipe creation!</i></p>  | <p><b>29</b></p> <p><b>MOVE!</b><br/>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>Tag us in a photo or video of you doing this workout!</i></p>  | <p><b>30</b></p> <p><b>BREATHE.</b><br/>Focus on a healthy body and mind today! Yoga is a key part of every athlete's routine. Click below to follow along with your weekly yoga practice!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p>  |



## WEEKLY WELLNESS CHALLENGE

**PART ONE:** Eat the Rainbow! This week I challenge you to eat one fruit or vegetable from every colour of the rainbow. Below you'll find some ideas, and spots to fill in what fruit or vegetable you consumed. To complete the challenge, you must eat a fruit or vegetable from each colour of the rainbow!

|                        | RED   | ORANGE   | YELLOW   | GREEN  | BLUE   | PURPLE   |
|------------------------|---|--|--|--|--|--|
|                        | Bell Pepper<br>Red Onion<br>Tomato<br>Strawberry<br>Raspberry<br>Watermelon<br>Red Grapes<br>Radish<br>Red Apples<br>Cherries | Pumpkin/Squash<br>Mango<br>Carrot<br>Cantaloupe<br>Bell Pepper<br>Peach<br>Nectarine<br>Orange<br>Papaya<br>Sweet Potato | Squash<br>Corn<br>Bell Pepper<br>Grapefruit<br>Lemon<br>Yellow Cherries<br>Pear<br>Pineapple<br>Banana | Broccoli<br>Kale<br>Celery<br>Cucumber<br>Avocado<br>Asparagus<br>Kiwi<br>Bok Choy<br>Green Beans<br>Peas<br>Green Apple<br>Brussels Sprouts | Blueberry<br>Boysenberry<br>Blackberry<br>Plum | Cabbage<br>Potato<br>Carrot<br>Grapes<br>Eggplant<br>Beets<br>Plum<br>Figs |
| Fill in what you ate → |   |  |  |  |  |  |

**PART TWO:** Goal Setting. Write down 2 things you would like to accomplish this week.

1.

2.



## Monday August 24:

Today's [Move-It Monday workout is an at-home cardio dance routine!](#) This awesome dance routine is brought to you by Michelle Jones from Dance It Out Adaptive Fitness and the Wheelchair Dancers Organization. It's a great way to work out and move your body. 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 25:

It's **TRAINER TUESDAY!** Today we are following along with [SOBC – Kelowna Club Fit coach Shayla](#) for one of her fantastic at-home workouts! Today workout is a full-body bodyweight session. Grab a towel, water bottle, and some open space and get moving with Shayla today!

*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 26:

**TRAIN!** We're continuing to partner up with Anytime Fitness for awesome Workout Wednesday sessions! For today's workout you need yourself, a water bottle, a towel, and some space to get moving!

[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!

*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)*



## Thursday August 27:

**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. But there's a little twist – 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 your 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
  
- ✓ When you get home, write down 3 things you enjoyed most about the walk

1.

2.

3.

- ✓ Draw a picture of something you saw on your walk... anything!



## Friday August 28:

### EAT!

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

## Banana Chocolate Bites

Total time: 2 hours

### INGREDIENTS:

- ✓ Large bananas
- ✓  $\frac{1}{3}$  cup nut butter of choice
- ✓  $\frac{1}{2}$  cup melted chocolate of choice

### DIRECTIONS:

1. Slice bananas into bite size slices. Roughly two fingers wide.
2. Spread a little nut butter onto one slice of banana and sandwich two slices of banana together.
3. Place on wax paper on a cookie sheet. Place your banana and nut butter sandwiches on this sheet.
4. Freeze until solid, at least an hour.
5. Melt chocolate in a microwave-safe bowl, in the microwave. Heat the chocolate for 10 seconds, then take it out to stir it, then continue until chocolate is all melted.
6. Take banana nut butter sandwiches out freezer. Dip each banana bite in chocolate and place back on wax paper.
7. Freeze for another hour.
8. Transfer and keep in an airtight container in the freezer for up to 2 weeks.
9. Enjoy!

### TIPS

- Use whichever nut butter you like the best!
- Sometimes I like to put a pitted date, banana, and nut butter together and dip all of that in the chocolate.
- You can also add sprinkles to make this treat fun!





## Saturday August 29:

**MOVE!** Complete 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 30:

**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! Today we have another great yoga video for yogis of all abilities. This video features two instructors, one seated and one standing. [Click here](#) and follow along with whichever variation best suits you today!

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