



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

SOBC SUMMER SWEAT – Wellness Calendar JULY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>13</p> <p>MOVE! It's motionball Monday! We have another special workout video created by our wonderful friend Sarah from motionball Vancouver!</p> <p><i>Click below to follow along with the workout.</i></p> 	<p>14</p> <p>TRAINER Tuesday! Join Special Olympics Canada strength coach Steve Topham for a GREAT workout, live on the SOC Facebook Page at 11 a.m. PT.</p> <p><i>If you can't tune in live, please click here to find the video recording and work out with the Steve later.</i></p> 	<p>15</p> <p>MOVE! Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 3 videos.</p> <p><i>Click below to follow along with the workout.</i></p> 	<p>16</p> <p>TRAIN! Join Special Olympics Canada strength coach Steve Topham for a GREAT workout, live on the SOC Facebook Page at 11 a.m. PT.</p> <p><i>If you can't tune in live, please click here to find the video recording and work out with Steve later.</i></p> 	<p>17</p> <p>EAT! Today's challenge is an easy and healthy at-home recipe! Try out this delicious apple nacho dessert recipe.</p> <p><i>Bonus: Join in SOI's Strong Minds-fulness Friday! You must click here to register in advance in order to access this free online mindfulness session.</i></p> 	<p>18</p> <p>TRAIN! The Active Athlete Alphabet is BACK, with a great warm-up, new exercises, and new challenges! Click below to find out this week's words!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>19</p> <p>BREATHE. Focus on a healthy body and mind today! Yoga is a key part of every athlete's routine! Click below to follow along with Shelbi for your weekly yoga!</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 (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

With the warm weather approaching, hydration is KEY! Try mixing fruit into your water this week!	Complete the SOBC Summer Sweat Monday Challenge	Draw, paint, or colour a picture of something that makes your feel happy! 😊	Register and participate in SOI's Strong Minds-fulness Friday on July 17 @ 12 p.m. PT!	Complete a virtual Club Fit workout on Facebook Live with SOBC – Kelowna coach Shayla Mon-Wed-Fri at 10 a.m. PT!
Try eating a vegetable at every meal today! Get creative! Send in a picture of what you ate 😊	Spend 15 minutes stretching. Make sure to hold each stretch for at least 30 seconds. Click here for some stretching tips and ideas!	Complete the SOBC Summer Sweat Tuesday Challenge	Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)	Summer is HERE and so is the SUN! UV Rays are powerful. Watch this video about sun safety!
Complete the SOBC Summer Sweat Wednesday Challenge	Check out these coping strategies created by Mental Performance Consultant Keltie Sommer	 Special Olympics British Columbia	Complete the SOBC Summer Sweat Thursday Challenge	Check out the SOI Fit 5 guide and learn all about how to achieve your personal best!
Send in a picture or video of you completing one of the challenges! (mdepaul@specialolympics.bc.ca)	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 Building a Routine at Home Template , and share a photo! (mdepaul@specialolympics.bc.ca)	Complete the SOBC Summer Sweat Saturday Challenge
Tune into Special Olympics Canada's Wellness Wednesday Facebook Live with Sobey's Dietitians on July 15 at 9 a.m. PT!	Take a break from screens. Colour and doodle! Click here for Colour with Kindness sheets from Person First!	Complete the SOBC Summer Sweat Sunday Challenge	For the men of SOBC: Make sure to register for the SOBC Men in Sport virtual forum on July 19	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!



Monday July 13:

MOVE! It's motionball Monday! We have another GREAT workout video brought to you by our wonderful friend Sarah at motionball Vancouver! [Please click here](#) to follow along in real time with Sarah, a registered kinesiologist, who will coach you through your entire at-home workout!

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 / 604-737-3081)

Tuesday July 14:

TRAINER Tuesday! Join Special Olympics Team Canada's official strength and conditioning Coach Steve Topham for functional workouts on Facebook Live, every Tuesday and Thursday at 11 a.m. PT on [Special Olympics Canada's Facebook Page!](#) All of these at-home, equipment-free workouts are designed benefit athletes of any level. Athletes will learn how to squat, lunge, push up, plank, and jump in all three planes of motion, to improve athletic performance as well as things we do every day.

Steve's focus in July will be summer sports! Each session will include a circuit focused on sport-specific training. But all athletes are welcome, no matter what sports you do! Please tune in live, or [check back here](#) for the links to all recordings!

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 / 604-737-3081)

Wednesday July 15:

TRAIN!

Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 3 videos.

Starting with endurance, let's build our heart rates and warm up our bodies. Complete the Endurance 3 video three times.

1. [Endurance](#)

Secondly, STRENGTH. Repeat the Strength 3 video three times.

2. [Strength](#)

Finally... flexibility! Complete the Flexibility 3 video three times!

3. [Flexibility](#)

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 / 604-737-3081)



Thursday July 16:

MOVE! Tune in with Special Olympics Team Canada strength and conditioning coach Steve Topham again on [Special Olympics Canada's FACEBOOK LIVE](#), coming to you Thursday at 11 a.m. PT. (If you can't join him live, [please click here](#) to find the link to the workout later.) Learn how to squat, lunge, push up, plank, and jump your way to improving your athletic performance.

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 / 604-737-3081)

Friday July 17:

EAT!

Today's challenge is an easy and healthy at-home recipe! Try out this delicious apple nacho dessert recipe. Get creative and add whatever toppings you would like – check out the Tips section for some ideas!

DELICIOUS APPLE NACHOS

INGREDIENTS:

- 1/3 cup dried, unsweetened cranberries or raisins
- 1/4 cup sliced, unsalted almonds
- 2 tablespoons unsalted, shelled sunflower seeds
- 3 green apples, cored and thinly sliced into about 12 wedges each
- 1-2 teaspoons fresh lemon juice
- 2 tablespoons water
- 1/4 cup smooth, low-sodium peanut butter
- 1 tablespoon honey

DIRECTIONS:

1. In a small bowl, stir together the cranberries, almonds, and sunflower seeds.
2. Layer half the apples on a large plate or platter. Sprinkle the lemon juice over the apples to keep them from browning.
3. Using a microwaveable bowl, microwave the water on 100% power (high) for 2 minutes, or until boiling (or boil water in your tea kettle and measure 2 tablespoons into a small bowl). Add the peanut butter and honey, stirring until the mixture is smooth.
4. Using a spoon, drizzle half the peanut butter mixture over the apple wedges. Sprinkle with half the cranberry mixture. Layer the remaining apples over the cranberry mixture. Drizzle the remaining peanut butter mixture over all. Sprinkle the remaining cranberry mixture over all.

TIPS

- **Cooking Tip:** When using sticky ingredients like honey or peanut butter in a recipe, lightly spray your measuring spoon or cup with cooking spray. The ingredient will slide right out!
- **Keep it Healthy:** Choose unsweetened dried fruit whenever you can to avoid added sugar.
- **Tip:** Be creative when it comes to toppings for these apple nachos: any type of unsweetened, dried fruit, chopped nuts, pumpkin seeds, low-fat granola, or unsweetened shredded coconut.



Saturday July 18:

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 Local Coordinator and 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 summer activity** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds.

Example: HIKING

H – 25 squats

I – 15-second side plank, each side

I – 15-second side plank, each side

N – 15 squats

K – 5 burpees

G – 45-seconds of high knees

PART 3: Using the "Active Athlete Alphabet" chart, spell out **your middle name** by completing the exercise associated with each letter. Rest for 2 minutes, and repeat this twice more, for a total of THREE rounds. *** If your middle name has fewer than 5 letters, repeat 4 times!

Example: KATE

K – 5 burpees

A – 5 burpees

T – 10 inchworm walkouts

E – 30 seconds jumping jacks

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



Sunday July 19:

BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. Yoga is a key piece in every athlete's routine! [Please click here](#) for another great yoga practice brought to you by our friend and 200 hour yoga instructor, Shelbi!

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 / 604-737-3081)