



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>20</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>21</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>22</p> <p>MOVE! Today's challenge is brought to you by Special Olympics International in partnership with Anytime Fitness. Click below to find three chances to complete live workouts with Anytime Fitness trainers!</p> 	<p>23</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>24</p> <p>EAT! Today's wellness challenge is an easy, healthy, AND delicious at-home recipe! Try out these yummy Orange Coconut Cookies!</p> <p><i>Click below to get the healthy recipe!.</i></p> 	<p>25</p> <p>MOVE! Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 4 videos.</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>26</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 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) to be entered into a draw for an athlete giveaway prize. More rows completed = more entries in the contest!

SOBC WELLNESS BINGO

Take part in one of the three Special Olympics International & Anytime Fitness Workouts on July 22!	Complete the SOBC Summer Sweat Monday Challenge	Draw, paint, or colour a picture of something that makes your feel happy! 😊	Register for one of the upcoming SOBC Safe Sport Anti-Bullying Virtual Workshops	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	Nutrition Tip! Watch this Special Olympics Virginia video about building a healthy meal!		Complete the SOBC Summer Sweat Thursday Challenge	Check out the SOI Fit 5 guide and learn all about how to achieve your personal best!
Special Olympics Global Week of Inclusion! Take part in all sorts of exciting things happening this week!	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
Chat with SOBC in the What's On Your Mind Wednesday Facebook Live on July 22 at 2 p.m. PT	Take a break from screens. Colour and doodle! Click here to find SOBC's #ChooseToInclude colouring pages!	Complete the SOBC Summer Sweat Sunday Challenge	Beat the heat! Drink 2-3L of water today. Try mixing in frozen or fresh fruit – my favourite is mixed berry!	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!



Monday July 20:

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 21:

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 22:

TRAIN!

Our friends from Anytime Fitness are celebrating the Special Olympics Global Week of Inclusion with THREE opportunities for us to work out together! Check out the schedule below & join them on the Anytime Fitness Facebook Page to participate: <https://www.facebook.com/anytimefitness>

Opportunity #1: Energy Boosting Workout @ 6:30 a.m. Pacific Time (bright and early!) <https://www.facebook.com/anytimefitness>

Opportunity #2: Unified Team Training Workout @ 10 a.m. PT <https://www.facebook.com/anytimefitness>

Opportunity #3: Recovery Session @ 2 p.m. PT <https://www.facebook.com/anytimefitness>



Thursday July 23:

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 24:

EAT!

Today's challenge is an easy and healthy at-home recipe! Try out this delicious recipe for orange coconut cookies.

Orange Coconut Cookies

makes 12 servings

Prep time: 15 minutes
Cook time: 20 minutes

INGREDIENTS:

- ✓ 1 cup (250 mL) large flake oats
- ✓ 3/4 cup (175 mL) chopped and pitted medjool dates
- ✓ 1/3 cup (75 mL) unsweetened coconut
- ✓ 3 tbsp (45 mL) hulled pumpkin seeds
- ✓ 3 tbsp (45 mL) canola oil
- ✓ 1/2 tsp (2 mL) grated orange rind

DIRECTIONS:

1. In a food processor, pulse together oats, dates and coconut until dates are broken up and mixture sticks together. Remove to a bowl and stir in pumpkin seeds, oil, and orange rind until well combined.
2. Using a heaping tablespoon (15 mL) roll into a ball and shape into a 2 inch (5 cm) by 1/2 inch (1 cm) thick round. Place onto parchment paper lined baking sheet.
3. Bake in 325 °F (170 °C) oven for about 20 minutes or until golden and firm. Let cool before eating.

TIPS

- Store at room temperature to keep the cookies slightly crisp on the outside. For a chewier and soft cookie, refrigerate in a resalable bag or container.
- If you have a little sweet tooth, you can omit pumpkin seeds and substitute 2 tbsp (25 mL) mini chocolate chips in these cookies.
- These cookies are packed with healthy fats, which is important for our brain and heart health.



Saturday July 25:

MOVE! Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 4 videos.

Starting with endurance, let's build our heart rates and warm up our bodies. Complete the Endurance 4 video three times.

1. [Endurance](#)

Secondly, STRENGTH. Repeat the Strength 4 video three times.

2. [Strength](#)

Finally... flexibility! Complete the Flexibility 4 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)

Sunday July 26:

BREATHE.

YOGA. For today's SOBC Summer Sweat Challenge we are continuing to develop our yoga practice. Follow along with this [wonderful yoga practice created by 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 / 604-737-3081)