



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/AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>27</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>28</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>29</p> <p>MOVE! Today's challenge is brought to you Anytime Fitness. Click below join Coach Katie for your Workout Wednesday sweat session!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>30</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>31</p> <p>EAT! Today's wellness challenge is an easy, healthy, AND delicious at-home recipe! Try out this edamame and roasted red pepper spread!</p> <p><i>Click below to get the healthy recipe!.</i></p> 	<p>1</p> <p>MOVE! Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 5 videos!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>2</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

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 Monday Challenge	Draw, paint, or colour a picture of something that makes your feel happy! 😊	Register for the upcoming SOBC Safe Sport Anti-Bullying Virtual Workshop	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 😊	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!	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!
Tune into Special Olympics Canada's Wellness Wednesday Facebook Live with Sobey's Dietitians on July 29 at 9 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 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 Summer Sweat Facebook Live on July 27 at noon 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!	Get 8 hours of sleep EVERY night this week! 1 2 3 4 5 6



Monday July 27:

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. This is Sarah's last workout of the summer for us, so please post a comment to thank her for all the amazing sessions she has created!

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 28:

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 is 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 29:

TRAIN!

Continue celebrating inclusion by completing another workout with our friends at Anytime Fitness! [Click here to follow along with Coach Katie from Anytime Fitness](#) and have a blast with this inclusive fitness video for our Workout Wednesday!

Thursday July 30:

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 31:

EAT!

Today's challenge is an easy and healthy at-home recipe! Try out this high-protein hummus-like dip. Dip your veggies or crackers in it!

Edamame and Roasted Red Pepper Spread

INGREDIENTS

- ✓ 1 bag (500 g/1 lb) frozen shelled edamame (soy beans), thawed
- ✓ 250 mL (1 cup) sliced roasted red peppers
- ✓ 45 mL (3 tbsp.) light mayonnaise
- ✓ 15 mL (1 tbsp.) chopped fresh basil or parsley
- ✓ 1 clove garlic, minced

DIRECTIONS

1. In food processor, purée edamame until almost smooth.
2. Add peppers and mayonnaise and purée until smooth and combined.
3. Stir in basil and garlic.
4. Enjoy!

TIPS

- This versatile and slightly chunky spread can be kept in an airtight container in the refrigerator for up to 1 week.
- Serve with whole wheat pita wedges.
- Tastes delicious with veggies!
- High in protein which helps your muscles recover from all the workouts.

Saturday August 1:

MOVE! Today's SOBC Summer Sweat Challenge is to complete the FINAL level of Special Olympics International's Fit 5 videos. Level 5, let's go!

Starting with endurance, let's build our heart rates and warm up our bodies. Complete the Endurance 5 video three times.

1. [Endurance](#)

Secondly, STRENGTH. Repeat the Strength 5 video three times.

2. [Strength](#)

Next up... BALANCE. Repeat the Balance 5 video three times.

3. [Balance](#)

Finally... flexibility! Complete the Flexibility 5 video three times!

4. [Flexibility](#)



Sunday August 2:

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 / 604-737-3081)