

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6</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>7</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>8</p> <p>MOVE! Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 2 videos.</p> <p><i>Click below to follow along with the workout.</i></p> 	<p>9</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>10</p> <p>EAT! Have some fun with our delicious and easy Tuna and Tomato Salad recipe! Get creative and add in whatever you would like.</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>11</p> <p>TRAIN! Check out SOI's School of Strength at-home training videos with WWE superstar Becky Lynch!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>12</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 to your choice of yoga video!</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 you feel happy! 😊	Register and participate in SOI's Strong Minds-fullness Friday on July 10 @ 12 p.m. PT!	Tune into one of the virtual Club Fit workouts by SOBC coaches – details on the last page of this calendar!
Clean your room today! A clean space means a calm mind.	Your last chance to participate in this round of SOBC Virtual Health Forums (mental wellness July 7 & 9)	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		Complete the SOBC Summer Sweat Thursday Challenge	Spend 15 minutes stretching. Make sure to hold each stretch for at least 30 seconds.
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
Check out the Fit 5 Guide. Try reading one section!	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	Tune into What's On Your Mind Wednesday on SOBC's Facebook Page on Wednesday @ 2 p.m. PT	Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!



Monday July 6:

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 7:

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 8:

TRAIN!

Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's Fit 5 Level 2 videos.

Starting with endurance, let's build our heart rates and warm up our bodies. Complete the Endurance 2 video three times.

1. [Endurance](#)

Secondly, STRENGTH. Repeat the Strength 2 video three times.

2. [Strength](#)

Finally... flexibility! Complete the Flexibility 2 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 9:

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 10:

EAT!

Today's challenge is a delicious and easy at-home healthy recipe! I challenge you to try this Terrific Tuna and Tomato Salad. Get creative and add in whatever you would like!

TERRIFIC TUNA AND TOMATO SALAD

Makes 6 servings

Prep Time: 5 minutes

Cook Time: 0 minutes (easy peasy!!!)

INGREDIENTS:

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 mL (1/3 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

DIRECTIONS:

1. In a large bowl, combine tomatoes, celery, tuna and cucumber.
2. In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.

TIPS

- For the best tasting tomatoes, store them at room temperature away from direct sunlight. Putting them in the fridge results in a mealy texture.
- No grape tomatoes on hand? No worries. Dice up 4 tomatoes instead.
- Try this salad using canned salmon instead of tuna, or use [leftover cooked fish](#).

Saturday July 11:

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](#)

BONUS! Take a photo or video of you completing this workout and tag us in it! Or email it to Sport Coordinator Marlow de Paul (mdepaul@specialolympics.bc.ca)

Sunday July 12:

BREATHE.

As usual, this Sunday we will be challenging you to practice yoga. Yoga is a key piece in every athlete's routine! Today we have 3 yoga options for you to choose from, based on how you are feeling today!

Yoga – Give any of these GREAT yoga videos a try. Yoga is great for our body; it works on flexibility and strength. But yoga is also great for our minds, as it helps us focus on our breathing, and keeps our minds relaxed.

[Chair Yoga](#) – Try this video if you are new to yoga, or maybe after a long week of workouts you want a slower yoga practice.

[Standing Yoga](#) – This is great yoga video if you want more of a challenge, but maybe your body is still getting used to some of the yoga poses.

[Yoga](#) – if you've been doing yoga throughout the SOBC weekly challenges, or you take part in yoga already, or you just want to challenge yourself, give this yoga video a try!

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)

Right now there are a lot of awesome virtual workout and wellness events happening online throughout the Special Olympics family. We've compiled a few from our province and country in the table below, for optional ways to join the fun together live!

STAY CONNECTED – What's happening this week!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>(No SOBC Facebook Live this Monday, but we'll be back on July 13 at noon PT!)</p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p>	<p>7</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p>	<p>8</p> <p>What's On Your Mind Wednesday – SOBC Facebook Live @ 2 p.m. PT <i>Come chat with SOBC athletes, staff, and special guests!</i></p> <p>Wellness Wednesday with Sobey's Dieticians – SOC Facebook Live @ 9 a.m. PT Find the ingredients</p> <p>SOBC – Kelowna Facebook Live Workout with coach Shayla @ 10 a.m. PT</p>	<p>9</p> <p>Special Olympics Canada Facebook Live Workout with Strength Coach Steve Topham @ 11 a.m. PT Learn more</p> <p>SOBC – Kimberley/ Cranbrook Facebook Live Golf Training with coach Misty @ 6 p.m. PT</p>	<p>10</p> <p>SOBC – Kelowna Facebook Live Workout with Club Fit coach Shayla @ 10 a.m. PT</p> <p>SOI Strong Minds-fulness @ 12 p.m. PT You must register here in order to have access to the Friday session</p>

For more optional opportunities, please visit the [Special Olympics Healthy at Home website](#) to find virtual events from across Canada and North America!