


















Healthy Holiday Challenge – December 2019

Stay healthy and fit this holiday season by completing these daily challenges! Click each day's image to find out your challenge.

1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 	31 				

Share your challenge photos with Special Olympics BC!
Facebook & Instagram [@specialolympicsbc](#) Twitter [@sobcsociety](#) [#SOBCHealthyHoliday](#)

Healthy Holiday Challenge – December 2019

**Special
Olympics**
British Columbia



Dec 1:

Goal setting day! Set two goals you would like to achieve by the end of the month! Write these down, and share them with a friend or family member. There are 30 days left in 2019, make them great days by getting after your goals.

Dec 2:

Endurance 1 → <https://resources.specialolympics.org/video-endurance-level-1>

Complete this video five times!

Dec 3:

Flexibility 1 → <https://resources.specialolympics.org/video-flexibility-level-1>

Complete this video five times!

Dec 4:

Strength 1 → <https://resources.specialolympics.org/video-strength-level-1>

Complete this video five times!

Dec 5:

Try this recipe: <https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/fun-fruit-kebabs-with-maple-cinnamon-yogurt-dip/fruit-kebabs-maple-cinnamon-yogurt-dip-eng.pdf>

Dec 6:

Friday Yoga

<https://www.youtube.com/watch?v=KEjiXtb2hRg>

Dec 7:

Go for a walk outside and complete these 10 things:

- ✓ Bring a friend or family member
- ✓ Find a pinecone
- ✓ Do five squats every time you see someone with their dog
- ✓ Find maple leaf

Healthy Holiday Challenge – December 2019

- ✓ Spot a blue car
- ✓ Spot a red door
- ✓ Do five jumping jacks at every stop sign
- ✓ Spot a cat
- ✓ Find a Christmas decoration
- ✓ Sprint to the end of the block when you see a red car

Dec 8:

Endurance 2 → <https://resources.specialolympics.org/video-endurance-level-2>

Complete this video five times!

Dec 9:

Flexibility 2 → <https://resources.specialolympics.org/video-flexibility-level-2>

Complete this video three times!

Dec 10:

Check out the great video by SOBC Health Heroes Zack and Jesse about healthy eating!

<https://www.youtube.com/watch?v=M9oHzXthL1c&feature=youtu.be>

Dec 11:

Strength 2 → <https://resources.specialolympics.org/video-strength-level-2>

Complete this video three times!

Dec 12:

Floss your teeth today! (You should try to do this at least every week, but for today this is your health challenge!)

Dec 13:

Friday Yoga

<https://www.youtube.com/watch?v=KEjiXtb2hRg>

Healthy Holiday Challenge – December 2019

Special
Olympics
British Columbia



Dec 14:

Go to the grocery store and buy and eat your favourite piece of fruit! Try using a basket and not a shopping cart at the store ... build strong arms!

Dec 15:

Endurance 3 → <https://resources.specialolympics.org/video-endurance-level-3>

Complete this video five times!

Dec 16:

Flex 3 → <https://resources.specialolympics.org/video-flexibility-level-3>

Complete this video five times!

Dec 17:

Try making this recipe, which will be your breakfast tomorrow!

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/overnight-oats.html>

Dec 18:

Strength 3 → <https://resources.specialolympics.org/video-strength-level-3>

Challenge yourself, complete this video five times!

Dec 19:

Today your challenge is to try a healthy food you've never tried before! What did you have?

Read pages 22-27 of the SOI Fit 5 guide to get some ideas! → https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.127817933.1950421613.1575047908-145858219.1570227690

Dec 20:

Friday Yoga → I know you've already done this video, but working on the same thing helps to make you stronger at each time!

<https://www.youtube.com/watch?v=KEjiXtb2hRg>

Healthy Holiday Challenge – December 2019

**Special
Olympics**
British Columbia



Dec 21:

Go for a walk outside and complete these 10 things:

- ✓ Bring a friend or family member
- ✓ Find a pinecone
- ✓ Do five squats every time you see someone with their dog
- ✓ Find maple leaf
- ✓ Spot a blue car
- ✓ Spot a red door
- ✓ Do five jumping jacks at every stop sign
- ✓ Spot a cat
- ✓ Find a Christmas decoration
- ✓ Sprint to the end of the block when you see a red car

Dec 22:

Endurance 4 → <https://resources.specialolympics.org/video-endurance-level-4>

Complete this video five times!

Dec 23:

Flex 4 → <https://resources.specialolympics.org/video-flexibility-level-4>

Complete this video five times!

Dec 24:

Take the stairs today ... not the elevator or escalator!

Dec 25:

Mental training matters too – complete this SOBC mental training worksheet today!

https://www.specialolympics.ca/sites/default/files/SOBC_MentalTrainingGuide_0.pdf

Dec 26:

Strength 4 → <https://resources.specialolympics.org/video-strength-level-4> Complete this video five times!

Healthy Holiday Challenge – December 2019

**Special
Olympics**
British Columbia



Dec 27:

Friday Yoga → This is your LAST Friday yoga, make it your best one yet! <https://www.youtube.com/watch?v=KEjiXtb2hRg>

Dec 28:

Drink five bottles of water today! Check out pages 29-32 of the SOI Fit 5 guide for more information on why being hydrated is so important for athletes like yourself! → https://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf?_ga=2.127817933.1950421613.1575047908-145858219.1570227690

Dec 29:

Endurance 5 → <https://resources.specialolympics.org/video-endurance-level-5>

Complete this video five times!

Dec 30:

Strength 5 → <https://resources.specialolympics.org/video-strength-level-5>

Complete this video five times!

Dec 31:

Congratulations!! You made it to the LAST day of the challenge! For your final challenge, I want you to write down two things you're proud of accomplishing this year, and two goals you would like to accomplish next year! Share these with your family and/or friends.