










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 AUGUST 2020


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3</p> <p>MOVE IT MONDAY! For today's holiday Monday workout, try this cardio-boosting, fun, and challenging at-home dance workout! Click here to follow along!</p> <p><i>Click below to follow along with the workout.</i></p> 	<p>4</p> <p>TRAINER Tuesday! Today we are following along with SOBC – Kelowna Club Fit Coach Shayla for one of her fantastic Facebook workouts.</p> <p><i>Remember to leave a comment thanking coach Shayla!</i></p> 	<p>5</p> <p>MOVE! Today's challenge is brought to you Anytime Fitness. Click here to join Coach Rachel for an extra fun Workout Wednesday sweat activity workout!</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>6</p> <p>TRAIN! <i>ACTIVE ATHLETE ALPHABET IS BACK!</i> Click below to follow along with this fun circuit workout. What will our alphabet words be this week?</p> <p><i>Send in a photo or video of you tackling this workout!</i></p> 	<p>7</p> <p>EAT! Today's wellness challenge is an easy, healthy, and delicious at-home recipe! Try out this yummy Banana Sushi Recipe!</p> <p><i>Tag us in a photo or video of you and your recipe creation!</i></p> 	<p>8</p> <p>MOVE! Today's SOBC Summer Sweat Challenge is to complete all of Special Olympics International's School of Strength videos.</p> <p><i>Tag us in a photo or video of you doing this workout!</i></p> 	<p>9</p> <p>BREATHE. Focus on a healthy body and mind today! Yoga is a key part of every athlete's routine. Click here 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

<p>Summer is HERE and so is the SUN! UV rays are powerful. Watch this video about sun safety!</p>	<p>Complete the SOBC Summer Sweat Monday Challenge</p>	<p>Get 8 hours of sleep!</p>	<p>Beat the heat! Drink 2-3L of water in one day. Try mixing in frozen or fresh fruit – my favourite is mixed berry!</p>	<p>Take a break from screens. Colour and doodle! Click here to find SOBC's #ChooseToInclude colouring pages!</p>
<p>Try eating a vegetable at every meal today! Get creative! Send in a picture of what you ate 😊</p>	<p>Beat the heat! Drink 2-3L of water in one day. Try mixing in frozen or fresh fruit – my favourite is mixed berry!</p>	<p>Complete the SOBC Summer Sweat Tuesday Challenge</p>	<p>Write down goals for the month of August. Make sure these are measurable goals, and challenging but achievable!</p>	<p>Walk 10,000 steps in one day!</p>
<p>Complete the SOBC Summer Sweat Wednesday Challenge</p>	<p>Nutrition Tip: Fruit is high in fibre and great for energy before a workout! Try a new fruit this week.</p>		<p>Complete the SOBC Summer Sweat Thursday Challenge</p>	<p>Check out the SOI Fit 5 guide and learn all about how to achieve your personal best!</p>
<p>Complete a virtual Club Fit workout on Facebook Live with SOBC – Kelowna coach Shayla Mon-Wed-Fri at 10 a.m. PT!</p>	<p>Complete the SOBC Summer Sweat Friday Challenge</p>	<p>Call one person you care about (family, friend, teammate, etc.) and ask them about their day!</p>	<p>Complete the Building a Routine at Home Template, and share a photo! (mdepaul@specialolympics.bc.ca)</p>	<p>Complete the SOBC Summer Sweat Saturday Challenge</p>
<p>Chat with SOBC in the What's On Your Mind Wednesday Facebook Live on August 5 at 2 p.m. PT</p>	<p>Spend 30 minutes doing a hobby that you enjoy. (Drawing, piano, cooking, reading, riding your bike, you pick!)</p>	<p>Complete the SOBC Summer Sweat Sunday Challenge</p>	<p>Get 8 hours of sleep!</p>	<p>Try something new! This can be a recipe, hobby, or activity – anything that is brand-new to you!</p>



Monday August 3:

Happy Holiday Monday! Let's Move-It Monday with [this cardio boosting, fun, and challenging at-home dance workout!](#) Cardio is an important part of every athlete's routine, but let's make it extra fun this week by learning some new dance moves!

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 August 4:

It's TRAINER TUESDAY! Today we are following along with [SOBC – Kelowna Club Fit Coach Shayla](#) for one of her fantastic at-home strength training Facebook workouts. Remember to check out coach Shayla's other LIVE workouts on Mondays, Wednesday, and Fridays at 10 a.m. PT on the SOBC – Kelowna Facebook Page!

Remember to leave a comment thanking coach Shayla!! 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 August 5:

TRAIN!

We're carrying on celebrating inclusion by following along with another workout by our friends at Anytime Fitness! For Workout Wednesday, [click here to follow along with Coach Rachel from Anytime Fitness](#) and have a blast with this inclusive fitness workout GAME! Feel free to complete a few more rounds of this one to really challenge yourself! Let me know how you liked the game.

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 August 6:

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 LOCAL** by completing the exercise associated with each letter. Rest for 2 minutes, between each round. Locals with 4 letters or less complete 4-5 rounds, Locals with 5 letters or more complete 3 rounds.

Example: TRAIL

T – 10 inchworm walkouts

I – 15-second side plank, each side

R – 5 push-ups (toes or knees)

L – 45-second wall sit

A – 5 burpees

PART 3: Using the “Active Athlete Alphabet” chart, spell out **your FIRST NAME** by completing the exercise associated with each letter. Rest for 2 minutes, between each round. Name with 4 letters or less complete 4-5 rounds, names with 5 letters or more complete 3 rounds.

Example: MARLOW

M – 15 superman's

L - 45-second wall sit

A – 5 burpees

O – 30 down dog toe taps

R – 5 push-ups (toes or knees)

W – 5 burpees

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

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 August 7:

EAT!

Today's challenge is an easy and healthy at-home recipe! Try out this fun, easy, and nutrient-packed recipe for banana sushi!

Banana Sushi

INGREDIENTS:

- ✓ 1 banana
- ✓ 1 tablespoon of seed butter, or nut butter of your choice (sunflower seed butter, peanut butter, almond butter, wow butter, you pick!)
- ✓ 1/2 cup granola
- ✓ 1 tablespoon hemp seeds and chia seeds
- ✓ 1 teaspoon chocolate chips

DIRECTIONS:

1. To start place your granola, hemp seeds, chia seeds, and chocolate chips into a plastic bag and remove as much air as possible. Seal tight.
2. Using a rolling pin, crush the granola mix until it is broken down into fine pieces. Set aside.
3. Peel the banana and evenly cover all sides in your choice of nut butter.
4. Place the coated banana in the crushed cereal and roll many times to cover completely. Use your hand to press the cereal into the banana as needed.
5. Using a knife, cut the banana into 1/4-1/2" pieces.

TIPS

- You can roll your delicious peanut butter dipped banana in just about anything you choose.
- Both granola and cereal work great, as well as a variety of seeds and nuts – and even chocolate chips.
- Chia and hemp seeds are high in fibre (which is great for digestion) and in omega 3's (which are healthy fats that improve brain function and help with our overall health).



Saturday August 8:

MOVE! 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](#)



Sunday August 9:

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)