



# Healthy @ Home



## WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Thursday  
MARCH 26



- Complete a mindfulness video - **click here** to watch this training video!
- Complete the Fit 5 Level 1 videos - click below for the videos:  
**Endurance**  
**Flexibility**  
**Strength**

HOW I'M BEING HEALTHY:

Friday  
MARCH 27



- Try a new recipe - make an easy recipe and share with your friends and team members - try this one!
- Try a School of Strength video - **click here** to select a video!

HOW I'M BEING HEALTHY:

Saturday  
MARCH 28



- Drink 5 sports bottles of water (that's 8 glasses - something you should do everyday!)
- Dance to your favourite playlist for 30 minutes - maybe even challenge your friends to a virtual dance o !

HOW I'M BEING HEALTHY:

Sunday  
MARCH 29



- Call/text/email 3 friends or teammates and ask them how they are doing!
- Try a School of Strength video - **click here** to select a video!

HOW I'M BEING HEALTHY:



Share how YOU are staying healthy!  
Tag @SOOntario #SOOHealthyAtHome

For more resources and tools to help you stay Healthy @ Home, visit:  
specialolympicsontario.com

