



POSITIVE



Healthy @ Home



INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday
MARCH 30



- Complete a mindfulness exercise - [click here](#) to watch this training video!
- Bust out your dance moves! [Click here](#) to try a virtual hip-hop class!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Tuesday
MARCH 31



- Start a gratitude journal - write down 3 things you are thankful for!
- Try holding the plank for 20 seconds - do this 3 times! [Click here](#) for a how-to!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Wednesday
APRIL 1



- Call, text or email 3 friends or teammates to see how they are feeling!
- Join SOO's **Facebook Live** at 2pm - wear comfortable clothes, running shoes, bring water and be ready for fun!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Thursday
APRIL 2



- Write down 3 things you love that make you smile!
- Do 12 push ups, sit ups and jumping jacks - do this 3 times!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Friday
APRIL 3



- Track how many glasses of water you drank today. The goal is 8!
- Follow along with this **yoga video** - you don't even need a yoga mat!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

Saturday
APRIL 4



- Draw a picture of your favourite sport/activity - share it with your friends!
- Try the **School of Strength** playlist with warm up, endurance, strength and balance

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HOW I'M BEING HEALTHY:

Sunday
APRIL 5



- Read this short story** about an alligator that goes bowling - and share it with a friend!
- Create your own workout with burpees, tuck jumps, squats and more. Try doing 10 of each exercise!

Want more? [Click here](#) to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:



What's on this week?

WEDNESDAY
Wellness Wednesday
Facebook Live @ 2:00PM

[Click here to view the Virtual Calendar!](#)

Share how YOU are staying healthy!
#SOOHealthyAtHome

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



CONNECTED



ACTIVE