



POSITIVE



Healthy @ Home

















INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

This week's theme is **DANCING!**

Each day we'll be learning a new dance move - all of the moves will be put together on Wednesday, April 29 on Facebook Live for International Dance Day!

<p>Monday APRIL 20</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Make it your goal to floss your teeth every night before bed! <input type="checkbox"/> Today's Dance Move of the Day is the "Patty Duke"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>	<p>Tuesday APRIL 21</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Call, text or email 3 friends or teammates. Here are some things you can talk about! <input type="checkbox"/> Today's Dance Move of the Day is the "Two Step"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>	<p>Wednesday APRIL 22</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Join our Facebook Live at 7pm for a live Q&A with Dr. Arnav Agarwal! Ask your questions here now to have them answered! <input type="checkbox"/> Today's Dance Move of the Day is the "Monastery"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>	<p>Thursday APRIL 23</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Try this 10-minute meditation exercise to find your zen! <input type="checkbox"/> Today's Dance Move of the Day is the "Bart Simpson"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>
<p>HOW I'M BEING HEALTHY:</p> <div style="background-color: #ccc; height: 40px;"></div>	<p>HOW I'M BEING HEALTHY:</p> <div style="background-color: #ccc; height: 40px;"></div>	<p>HOW I'M BEING HEALTHY:</p> <div style="background-color: #ccc; height: 40px;"></div>	<p>HOW I'M BEING HEALTHY:</p> <div style="background-color: #ccc; height: 40px;"></div>
<p>Friday APRIL 24</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Join our Facebook Live at 2pm - be sure to bring along your favourite snack! <input type="checkbox"/> Today's Dance Move of the Day is the "Wop"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>	<p>Saturday APRIL 25</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Drink at least 5 sports bottles of water or 8 glasses - this is something you should do everyday! <input type="checkbox"/> Today's Dance Move of the Day is the "Butterfly"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>	<p>Sunday APRIL 26</p>   <ul style="list-style-type: none"> <input type="checkbox"/> Make a healthy salad to eat with your lunch - try to include at least 2 vegetables! <input type="checkbox"/> Today's Dance Move of the Day is the "Grape Vine"! <p><i>Want more? Click here to try our Workout of the Day! #SOOWOD</i></p>	<p>WHAT'S ON THIS WEEK?</p> <p>WEDNESDAY Q&A with Dr. Arnav Agarwal <i>Special Olympics Ontario Facebook Live 7:00PM</i></p> <p>FRIDAY From the Stands <i>Tune in for an interview hosted by Ryan Colpitts (SOO athlete, ALPS Coordinator) and guest Tess Trojan (SOO Board member, athlete) Facebook Live 12:00PM</i></p> <p>FRIDAY Mindful Eating & Self Care <i>Special Olympics Ontario Facebook Live 2:00PM</i></p>
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Share how YOU are staying healthy!
#SOHealthyAtHome

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

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



CONNECTED



ACTIVE