



Be sure to complete BOTH challenges each day!

# Monday **APRIL 27**



**CHALLENGE** 

Tuesday **APRIL 28** 



Wednesday **APRIL 29** 

instead!



**Thursday APRIL 30** 





Make an easy and healthy recipe and share it with your friends or teammates on social media - we like these chicken and apple lettuce wraps!

Join SOO's Facebook Live dance class at 2pm EDT by DancePossAbilities .

Want more? **Click here** to try our Workout of the Day! #SOOWOD

Try to eat more fruits & vegetables - we like to add berries to oatmeal for a healthy breakfast!

Try this fun workout featuring a famous dog!

Want more? Click here to try our

Workout of the Day! #SOOWOD

Party at 2pm EDT! Want more? **Click here** to try our

Workout of the Day! #SOOWOD HOW I'M BEING HEALTHY:

Limit your screen time -

your phone today. Read a

try to spend 1 hour on

book or listen to music

It's International Dance

Day! Join the Zoom Dance

Want more? **Click here** to try our Workout of the Day! #SOOWOD

HOW I'M BEING HEALTHY:

A clean space helps us feel

around the house or clean

Feel like the MVP with **this** 

sports-themed Home

good - help with chores

your room!

Workout!

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

Friday



move!

Arizona!

Try to learn something

Try this Fit Friday

**exercise video** by SO

Want more? Click here to try our

Workout of the Day! #SOOWOD

**HOW I'M BEING HEALTHY:** 

new - learn the lyrics to a

new song or a new dance

Saturday MAY 2



Have you been getting enough sleep? Make it your goal to sleep 7-9 hours!

Do this 10-minute exercise video by Variety Village!

Want more? **Click here** to try our Workout of the Day! #SOOWOD

**HOW I'M BEING HEALTHY:** 

Sunday MAY 3



Staying connected (while physical distancing) is important! Use today to call 3 friends!

Try this Sunday FUNday themed workout with your family or friends!

Want more? Click here to try our Workout of the Day! #SOOWOD

**HOW I'M BEING HEALTHY:** 

## **WHAT'S ON THIS WEEK?**

#### **MONDAY**

Virtual Dance Class Provided by DancePossAbilities Special Olympics Ontario Facebook Live 2:00PM EDT

#### **WEDNESDAY**

International Dance Day Join for a Zoom Dance party with Christelle from DancePossAbilities Facebook Live 2:00PM EDT

#### **FRIDAY**

From the Stands

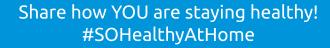
Tune in for an interview hosted by Ryan Colpitts (SOO Athlete & ALPS Coordinator) with guest Matthew Fields (Athlete Leadership Council member) Special Olympics Ontario 12:00PM EDT

### **FRIDAY**

Fit Friday

Join Wanda Rowe (SOO Simcoe's Health, Wellness and Fitness Coordinator) for a guided workout Special Olympics Ontario Facebook Live 2:00PM EDT

> Click here to view the Virtual Calendar!



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



