



# WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday  
APRIL 27



- 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

Tuesday  
APRIL 28



- 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!

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Wednesday  
APRIL 29



- Limit your screen time - try to spend 1 hour on your phone today. Read a book or listen to music instead!
- It's International Dance Day!** Join the Zoom Dance Party at 2pm EDT!

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

Thursday  
APRIL 30



- A clean space helps us feel good - help with chores around the house or clean your room!
- Feel like the MVP with **this sports-themed Home Workout!**

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

HOW I'M BEING HEALTHY:

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Friday  
MAY 1



- Try to learn something new - learn the lyrics to a new song or a new dance move!
- Try **this Fit Friday exercise video** by SO Arizona!

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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!

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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!

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## 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  
Facebook Live  
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

Share how YOU are staying healthy!  
#SOHealthyAtHome

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

Click here to view the Virtual Calendar!