



POSITIVE



Healthy @ Home





INFORMED

# WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

**Monday JUNE 1**

- Check-in with a teammate or friend. Ask them what new activities they are doing outside while practicing physical distancing!
- Try this boxing workout** including strength and conditioning!

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



**Tuesday JUNE 2**




- Write down 3 things you are grateful for this week!
- Watch SO athlete Tess Trojan demonstrate today's fitness challenge:** 20 Russian Twists, 20 Lunges and a 30-second plank. Do this 3 times!

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



**Wednesday JUNE 3**

- Try this 5-minute video** on mindfulness for beginners!
- Join **SOO's Facebook Live** fitness class with Chelsey Reid from Studio 3 Muskoka today at 2:00pm!

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

**Thursday JUNE 4**

- Your challenge today is to have fun! **Try some of these activities to Stay Positive!**
- Join SOO's Cristina Doria for a live dance class and party on Zoom at 2:00pm! **Click here to pre-register!**

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HOW I'M BEING HEALTHY:

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**Friday JUNE 5**

- Try this recipe** for healthy rainbow pizza!
- How many activities can you complete from this **SO Fitness Bingo Card**? Try to complete at least 2 lines!

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**Saturday JUNE 6**




- Do something fun today and **take a virtual ride on a roller coaster!**
- Go for a 45-minute walk or jog! Don't forget to log your time online **#WalkTheWorldSO**

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**Sunday JUNE 7**




- Clean your room, house or yard. Start with making your bed, tidying your desk or sweeping!
- Re-watch and complete (again) your favourite (again) your favourite **#SOOWOD** this week!

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**WHAT'S ON THIS WEEK?**

**WEDNESDAY**  
Facebook Live Fitness Class  
With Chelsey Reid from Studio 3 Muskoka  
*Special Olympics Ontario Facebook Live 2:00PM EDT*

**THURSDAY**  
Live Virtual Dance Class & Party  
With SOO's Cristina Doria  
*Zoom Click here to pre-register 2:00PM EDT*

**FRIDAY**  
From the Stands  
Tune in for an interview hosted by Ryan Colpitts (SOO Athlete & ALPS Coordinator) with guest Mikayla Lavigne (SOO athlete) and Anne Walker (educator)  
*Special Olympics Ontario Facebook Live 12:00PM EDT*

HOW I'M BEING HEALTHY:

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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