



Happy National Police Week!



Monday
MAY 11



- Watch the CAMH Mindfulness Wellness Series at 2:00pm today! **Sign up now** to receive a reminder!
- Try this workout** from our friends at SO Alberta - Calgary!

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

HOW I'M BEING HEALTHY:

Tuesday
MAY 12



- Try this cooking class** by SO New York. You can find the ingredient list here!
- Watch SO athlete Julia Romualdi** complete today's workout challenge. Do this 3 times for a full workout!

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

HOW I'M BEING HEALTHY:

Wednesday
MAY 13



- Try out an activity on our **Boredom Busters page** - we like these **virtual puzzles**!
- Join in to our National Police Week workout on **Facebook Live** with Constable Harry Brewer at 2:00pm!

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

HOW I'M BEING HEALTHY:

Thursday
MAY 14



- Do you know about the 2/2 rule for teeth? Brush your teeth 2 times a day for 2 minutes each time!
- Try **this great inclusive workout** by our partner AnyTime Fitness!

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

HOW I'M BEING HEALTHY:

Friday
MAY 15



- Try this recipe for lunch: **Tuna Melt on Toast!**
- Try this total body fitness class** by SO New Jersey!

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

HOW I'M BEING HEALTHY:

Saturday
MAY 16



- Share a photo of one of your favourite Special Olympics memories on social media or with your friends!
- Try this stability and strength video** by the YMCA!

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

HOW I'M BEING HEALTHY:

Sunday
MAY 17



- Stay positive - **try one of these activities** today to help support your mental health!
- Wind down the weekend **with some yoga with SO New Jersey!**

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

HOW I'M BEING HEALTHY:

WHAT'S ON THIS WEEK?

WEDNESDAY

National Police Week
Workout with Constable Harry Brewer from the Kingston Police Training Unit!
Facebook Live
2:00PM EDT

FRIDAY

From the Stands
Tune in for an interview hosted by Ryan Colpitts (SOO Athlete & ALPS Coordinator) in celebration of National Police Week with guest Detective Constable Sarah Bramford from the Barrie Police Service!
Special Olympics Ontario
Facebook Live
12:00PM EDT

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

Share how YOU are staying healthy!
#SOHealthyAtHome

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