



POSITIVE



Healthy @ Home



INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



**Monday
MAY 18**




- Watch the CAMH Mindfulness Wellness Series at 2:00pm today - [click here to receive a reminder!](#)
- Try this **boxing workout** from SO Virginia!

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


**Tuesday
MAY 19**

- Make your own puzzle - **watch this video** for instructions!
- Watch SO athlete **Josée Seguin demonstrate today's fitness challenge:** 15 jumping jacks, 10 leg raises, 20 squats. Do this 3 times for a full workout!

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



**Wednesday
MAY 20**

- Try focusing on 2 good things in your life to help stay positive - **here are some examples!**
- Join **SOO's Facebook Live** yoga class with Maddy and Brian today at 2:00pm!

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

**Thursday
MAY 21**

- Watch this fun a capella video** on the evolution of music!
- Try this **soccer themed workout** for SO athletes by @BOKS

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



HOW I'M BEING HEALTHY:

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**Friday
MAY 22**

- Try this **easy microwave egg sandwich recipe!**
- Try this **upper body fitness class** by SO New Jersey!

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


**Saturday
MAY 23**

- Give this **tasty and healthy yogurt bark recipe** a try!
- Go for a 30-minute walk today (remember to practice physical distancing)!

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

**Sunday
MAY 24**

- Try **listening to an audio book** by your favourite author!
- Wind down the week with **this beginner yoga class** designed for SO athletes!

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

HOW I'M BEING HEALTHY:

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WHAT'S ON THIS WEEK?

WEDNESDAY
Facebook Live Yoga Class
With Maddy and Brian
Special Olympics Ontario Facebook Live 2:00PM EDT

FRIDAY
From the Stands
Tune in for an interview hosted by Ryan Colpitts (SOO Athlete & ALPS Coordinator) with guest Blair Bastien (SOO Athlete and ALC member)
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



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ACTIVE