



POSITIVE



Healthy @ Home





INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday MAY 25

- Watch the CAMH Mindfulness Wellness Series at 2:00pm today - [click here to receive a reminder!](#)
- Tune in to the Down Syndrome Association of Ontario's **Movin' & Groovin'** music event!

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

Tuesday MAY 26

- Getting fresh air is great way to stay positive. [See here for some examples!](#)
- Watch **SO athlete Fareed Champs** demonstrate today's fitness challenge: 20 second plank, 10 pushups, 20 jumping jacks. Do this 3 times!

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



Wednesday MAY 27




- Don't forget to drink water. Have at least 8 glasses or 5 sports bottles each day!
- Join **SOO's Facebook Live CrossFit** with SO Ottawa Coach Reza at 2:00pm!

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

Thursday MAY 28

- Do you like sweets? Try choosing foods with natural sugars - like berries or dark chocolate instead of candy!
- Give **this cardio kick-boxing workout** a try!

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



HOW I'M BEING HEALTHY:

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Friday MAY 29

- Share your favourite dance song with us on social media or with friends and family!
- Try to complete 2 lines of this **SO Fitness Bingo Card!**

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



Saturday MAY 30

- Try to learn something new - like drawing. [Follow along with these lessons!](#)
- Complete this **30-minute School of Strength workout** with Shannon Decker!

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

Sunday MAY 31

- Try a new recipe, like **these no-bake granola bites**. They are a healthy snack to have throughout the week!
- How many push-ups can you do in 1 minute? Let us know on social media!

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WHAT'S ON THIS WEEK?

WEDNESDAY
Facebook Live CrossFit Class
With SO Ottawa Coach Reza
Special Olympics Ontario Facebook Live 2:00PM EDT

THURSDAY
SO Trivia Night
Click here to register Zoom 7:00PM EDT

FRIDAY
From the Stands
Tune in for an interview hosted by Ryan Colpitts (SOO Athlete & ALPS Coordinator) with guest Daelen Miles Brandle (SO Alberta athlete)
Special Olympics Ontario Facebook Live 12:00PM EDT

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