



POSITIVE



Healthy @ Home





INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday MAY 4

- Join Olympian Sarah Wells for a webinar on resilience at 2:00pm on Zoom - [click here to pre-register!](#)
- Watch **this video** of athlete Val Nyhout demonstrating today's challenge: 20 squats, 20 jumping jacks and 20 high knees - 3 times!

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

Tuesday MAY 5

- Celebrate #GivingTuesday! Give others something to smile about by writing or drawing something you are thankful for and putting it in your window!
- Go for a 30-minute walk today!

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

Wednesday MAY 6




- Try to make **these yummy Thai Chicken wraps** for lunch or dinner!
- Join **SOO's Facebook Live Dance Class** with Cristina Doria today at 2:00pm!

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

Thursday MAY 7




- Call/text/email three friends or teammates. **Here are some things you can talk about!**
- 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:

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Friday MAY 8

- Write down 3 things that you love that make you smile!
- Complete all of the Level 5 of the Fit 5 Videos:
**Endurance
Flexibility
Strength**

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



Saturday MAY 9




- Draw a picture of your favourite sport or activity. If you have markers or pencil crayons, colour it in and share it with your friends!
- Try one of the fitness workouts on our **Stay Active Fitness page!**

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

Sunday MAY 10

- Happy Mother's Day! Be sure to reach out to your mother, a caregiver or an important person in your life that brings you joy!
- Do 12 push ups, 12 sit ups and 12 jumping jacks - now do this 3 times!

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WHAT'S ON THIS WEEK?

MONDAY
Building Resilience with Olympian Sarah Wells
Zoom - [Click here to register](#)
2:00PM EDT

WEDNESDAY
Live Dance Class With Cristina Doria
[Facebook Live](#)
2:00PM EDT

FRIDAY
From the Stands
Tune in for an interview hosted by Ryan Colpitts (SOO Athlete & ALPS Coordinator) with guest Leah McDonald (SO Newfoundland and Labrador Athlete)
[Special Olympics Ontario Facebook Live](#)
12:00PM EDT

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

Share how YOU are staying healthy!
#SOHealthyAtHome

Let us know how we're doing!
Take our quick survey here!

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



CONNECTED



ACTIVE