



POSITIVE



Healthy @ Home





INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday
JUNE 15

- Write down your favourite motivational quote and put it somewhere you can see it every day - **here are some that we love!**
- Take a 45-minute walk and record your time online for **Walk the World With Me!**

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



Tuesday
JUNE 16

- Check out and try **one of the boredom busters** on the Healthy at Home site!
- Watch SO athlete Matthew Fields demonstrate today's fitness challenge!**

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


Wednesday
JUNE 17

- Do something that makes you happy today - read your favourite book, listen to your favourite song, or call your favourite person!
- Join **our live Zumba class on Zoom** today at 2:00pm!

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

Thursday
JUNE 18




- Make an effort to stay connected to your friends and teammates - here are some ways to connect!
- Try this exercise** to help improve your balance!

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



HOW I'M BEING HEALTHY:

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Friday
JUNE 19

- Try this recipe** for a healthy egg salad sandwich!
- Try out this fun athletics exercise!**

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



Saturday
JUNE 20

- Choose **one of these drawings** to colour online!
- How many jumping jacks can you do in 1 minute? Challenge a friend to do the same!

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

Sunday
JUNE 21

- Take a break from screen time - meditate, read or spend some time outside!
- Complete all of the Level 5 of the Fit 5 videos again - have you improved?
**Endurance
Flexibility
Strength**

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?

TUESDAY
Facebook Live Yoga
Special Olympics Ontario
Facebook Live
10:00AM EDT

TUESDAY
Facebook Live Workout
Special Olympics Ontario
Facebook Live
2:00PM EDT

WEDNESDAY
Facebook Live Zumba
Special Olympics Ontario
Zoom
2:00PM EDT

THURSDAY
Kahoot Trivia Night
Special Olympics Ontario
Zoom
2:00PM EDT

FRIDAY
From the Stands
Special Olympics Ontario
Facebook Live
12:00PM EDT

Share how YOU are staying healthy!
#SOHealthyAtHome

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

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



CONNECTED



ACTIVE