



POSITIVE



Healthy @ Home





INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday
JUNE 22

- Be sure to drink at least 8 glasses of water today - bonus points if you drink more!
- 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 23

- Sun safety is important! Be sure to wear and re-apply sunscreen every 2 hours. Use SPF 30 and above!
- Try this **Special Olympics** workout by Shannon Decker!

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

Wednesday
JUNE 24




- Check out the **bird cam on our Boredom Busters page**, or do some bird watching in your neighbourhood!
- Join our **Facebook Live Workout** today at 2:00pm, hosted by SO athlete Matthew Fields!

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

Thursday
JUNE 25




- Try to Follow **Canada's Food Guide** when making all of your meals!
- How many sit ups 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



HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:



Friday
JUNE 26

- Try this recipe** for a strawberry lime smoothie - the perfect healthy treat for a warm day!
- Create your own workout with burpees, tuck jumps, squats, high knees, jumping jacks, planks and lunges! Try 10 of each!

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

Saturday
JUNE 27

- Try one of our **Stay Positive colouring pages!**
- Try holding the plank for 20 seconds - do this 3 times!

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

Sunday
JUNE 28




- Finish the week by connecting with friends and family. Call, text or email 3 friends/family!
- Try to complete a line on **this Special Olympics Bingo Card!**

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

WHAT'S ON THIS WEEK?

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

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

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

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

HOW I'M BEING HEALTHY:

Share how YOU are staying healthy!
#SOHealthyAtHome

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



CONNECTED



ACTIVE