



WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!

Monday
JUNE 8



- How much sleep are you getting? Make it your goal to go to bed at the same time every day this week!
- Try this **energy boosting workout** by AnyTime Fitness!

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

Tuesday
JUNE 9



- Take care of your eyes - wear sunglasses when you are outside and look away from your phone or computer every 15 minutes!
- Watch **SO athlete Blair Bastien demonstrate today's fitness challenge!**

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

Wednesday
JUNE 10



- Try a new healthy snack! We like hummus and veggies - let us know what you plan on trying!
- Join **SOO's Facebook Live** workout with Lindsay Cook today at 2:00pm!

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

Thursday
JUNE 11



- Complete this **mindfulness training video!**
- Take a 30-minute walk today and record your time on **Walk the World With Me!**

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

HOW I'M BEING HEALTHY:

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Friday
JUNE 12



- Try this **recipe** for healthy banana muffins!
- Try out this **inclusive workout** by AnyTime Fitness!

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

Saturday
JUNE 13



- When it is hot out, it is even more important to shower once a day and put on deodorant - be sure to practice personal hygiene!
- Staying active is good for our bodies and minds. **Here are some Stay Active tips!**

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

Sunday
JUNE 14



- Call/text/email 3 other friends or teammates!
- Give your body a big stretch to help relieve tension - **watch this!**

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HOW I'M BEING HEALTHY:

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WHAT'S ON THIS WEEK?

WEDNESDAY
Facebook Live Workout
With Lindsay Cook
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 Tyler Rubin (SO Quebec Athlete)
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