





WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday JULY 13

- Challenge yourself to eat mindfully today. Put your fork down between bites and eat without distractions!
- Create your own sports-themed workout, or try one from **our video library!**

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



Tuesday JULY 14

- Connect with nature today - take a break during the day and go for a nature walk or watch the sunset!
- Follow along with Marley Gayler as she completes **today's fitness challenge:** 20 second wall sit, 20 jump squats and 20 crunches!

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



Wednesday JULY 15

- Make a healthy salad to eat at lunch - try to include at least 2 vegetables!
- Join Special Olympics Ontario's Facebook Live today at 2pm!**

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Thursday JULY 16

- Try to get some extra sleep - go to bed one hour earlier today to get 7-9 hours of sleep!
- Get outside for a walk! Don't forget to log your time on **Walk the World With Me!**

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HOW I'M BEING HEALTHY:

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Friday JULY 17




- Try this recipe** for a simple stir fry - cook with a friend or family member!
- Do a leg workout: 25 squats, 25 lunges and 25 jumping jacks. Do this 3 times for a full workout!

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

Saturday JULY 18

- Give this 10 minute guided meditation a try!**
- Give this quick Spiderman workout a try!**

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

Sunday JULY 19




- Sunday FUNday! Do something fun - like bike riding, dancing, skipping or singing!
- Complete this family fun workout!**

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WHAT'S ON THIS WEEK?

WEDNESDAY
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!](#)

Share how YOU are staying healthy!
#SOHealthyAtHome

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