



POSITIVE



Healthy @ Home



INFORMED

WEEKLY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



Monday JULY 6




- Don't forget to follow the 2/2 rule this week; brush your teeth 2 times a day for 2 minutes each time!
- Try **this family friendly workout!**

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

Tuesday JULY 7

- Join this workshop** by H-CARDD to learn about making your own health care decisions at 12pm!
- Watch SO athlete Callum** demonstrate some push-up options for all ability levels. Which style is your favourite?

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


Wednesday JULY 8




- Are you staying connected with your teammates and friends? Reach out to a friend you haven't spoken to in a while to see how they are doing!
- Join Special Olympics Ontario's Facebook Live today at 2pm!**

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Thursday JULY 9

- Don't forget to drink water! 8 glasses or 5 sports bottles is the recommended amount. Drink more if you're exercising or in the heat!
- Re-watch Special Olympics Canada strength coach **Steve Topham's workout!**

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HOW I'M BEING HEALTHY:

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Friday JULY 10

- Try this recipe** for a basic omelette. Feel free to add in your favourite veggies to make it your own!
- Take a 1 hour walk today and record your time on **Walk the World With Me!**

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Saturday JULY 11

- Be sure to protect yourself when outside - the best way to do this is by wearing sunscreen and a hat! Share a photo of yourself in your favourite hat!
- Try this standing yoga workout!**

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Sunday JULY 12

- Include berries in your breakfast today. Fruits like blueberries are delicious but they also have lots of vitamins!
- Follow along with this dance workout by Dance Ability!**

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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



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ACTIVE