



Healthy @ Home

10 DAY WELLNESS CHALLENGE

Be sure to complete BOTH challenges each day!



POSITIVE

INFORMED

Share how YOU are staying healthy! #SOHealthyAtHome

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

Monday SEPTEMBER 21

- Call, text or email 3 friends or teammates. Here are some things you can say!
- Complete **this workout** by Special Olympics Sarnia's powerlifting coach, Lindsay! All you need is a chair and cans for weights!

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

Tuesday SEPTEMBER 22




- Drink at least 5 sports bottles or 8 glasses of water - this is something you should do everyday!
- Complete (again) the level 4 of the Fit 5 videos: **Endurance Flexibility Strength**

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



Wednesday SEPTEMBER 23




- Take a 30-minute walk outside and log your time on **#WalkTheWorldSO**
- Try learning this **dance inspired by Frozen 2!**

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



Thursday SEPTEMBER 24

- Make an easy and healthy recipe and share it on social media! **Find some ideas here!**
- Complete 15 tricep dips, 15 second side plank, 15 crunches - 3 times!

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

Friday SEPTEMBER 25

- Connect with your coach - send a text, call or email to ask how they're doing!
- Complete (again) the level 5 of the Fit 5 videos: **Endurance Flexibility Strength**

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Saturday SEPTEMBER 26

- Write down 3 things that you love that make you smile!
- New to fitness? Try out **this simple routine!**

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Sunday SEPTEMBER 27

- Eat a meal with healthy vegetables - **we like this stir fry recipe!**
- Wind down your weekend with **this beginner yoga class** designed for Special Olympics athletes!

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Monday SEPTEMBER 28




- It's important to take care of your skin - it's your largest organ! Don't forget to use sunscreen!
- Challenge yourself to do a wall-sit for 1 minute. Let us know on social media and challenge a friend!

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



Tuesday SEPTEMBER 29

- Need to relax? Take a break from electronics and try colouring! **Here are some of our colouring pages you can try!**
- Zumba is great for core strengthening - here's a **10-minute Zumba video!**

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Wednesday SEPTEMBER 30

- Listening to music can help to improve your mood so put on your favourite song. Share with us your favourite song!
- There are many benefits to yoga - **here's a 15-minute morning yoga video!**

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CONNECTED

ACTIVE