



POSITIVE



Healthy @ Home



INFORMED

WEEKLY WELLNESS CHALLENGE



SPECIAL OLYMPICS ONTARIO

VIRTUAL GAMES

WATERLOO REGION 2020

Monday
JULY 20



- Try and list as many fruits and vegetables as you can! Then see if you can make it a goal to eat 5 different fruits and vegetables a day!
- Try this at-home workout!** All you need is a chair to get started!

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

HOW I'M BEING HEALTHY:

Tuesday
JULY 21

- Watch athlete **Matthew Fields** making **Adult Grilled Cheese** at 12pm! Follow along and make it from home!
- Watch today's 2 **Healthy Athletes** videos and **complete the passport:** Fit Feet and FUNfitness

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

HOW I'M BEING HEALTHY:

Wednesday
JULY 22

- Watch athlete **Val Nyhout** making **Black Bean Tacos** at 12pm! Follow along and make them from home!
- Watch today's 2 **Healthy Athletes** videos and **complete the passport:** Health Promotion and Opening Eyes

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

HOW I'M BEING HEALTHY:

Thursday
JULY 23

- Watch athlete **Gohulan Rajalingam** making **Berry Lean Bars** at 12pm! Follow along and make them from home!
- Watch today's 2 **Healthy Athletes** videos and **complete the passport:** Special Smiles and Strong Minds

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

HOW I'M BEING HEALTHY:

Friday
JULY 24



- Sunscreen check! Remember to put sunscreen on before you go outside and reapply every 2 hours!
- Follow along to this Just Dance playlist.** Have fun dancing!

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

HOW I'M BEING HEALTHY:

Saturday
JULY 25



- Are you washing your hands properly? **Here is a reminder of the steps!**
- Create an obstacle course! Try adding things like hopping on 1 foot, jumping jacks and running around a chair! Try timing yourself!

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

HOW I'M BEING HEALTHY:

Sunday
JULY 26



- Finish up the week by connecting with 3 family members or friends. Call/text/video chat and see how they are doing!
- 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

HOW I'M BEING HEALTHY:

WHAT'S ON THIS WEEK?

TUESDAY - THURSDAY
Special Olympics Ontario Virtual Games
[Click here for all of the events taking place as part of the Virtual Games!](#)

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



CONNECTED



ACTIVE