








Move-It March 2020

Special
Olympics
British Columbia



Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our new **Move-It March** wellness calendar below. Click each day's image to find your activity for the day, and stay tuned to SOBC's social media for future challenges!

If you have any question or need more tips please feel free to contact SOBC Health Coordinator Marlow de Paul mdepaul@specialolympics.bc.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>16</p> <p>DANCE! Turn on your favourite playlist, and dance for 30 minutes.</p> 	<p>17</p> <p>MOVE! Complete all of the Level 1 Fit 5 videos.</p> <p><i>Post picture or video of you completing it and tag SOBC!</i></p> 	<p>18</p> <p>WALK! Go for a walk outside and complete five tasks.</p> <p><i>Click the image to find the challenge tasks!</i></p> 	<p>19</p> <p>HYDRATE! Today I challenge you to drink five bottles of water!</p> <p><i>**Bonus! Click the image for more**</i></p> 	<p>20</p> <p>EAT! Give this delicious snack recipe a try!</p> <p><i>Tag us in a photo of the recipe when you're done!</i></p> 	<p>21</p> <p>MOVE! Give this great at-home workout a try!</p> <p><i>Post picture or video of you completing it and tag SOBC!</i></p> 	<p>22</p> <p>BREATHE. Focus on a healthy body and mind today! Complete this 10-minute meditation video!</p> 

ALL-WEEK ACTIVITY:

Healthy eating is important every day. So all week I challenge you to be mindful about what you are eating, and to focus on making healthy nutrition choices. Check out [the great video by SOBC Health Heroes Zack and Jesse Thibeault](#) to get all the tips and tricks you need to eat healthy!

Share your at-home training photos with Special Olympics BC!
Facebook & Instagram [@specialolympicsbc](#) Twitter [@sobcsociety](#) [#SOBCMoveItMarch](#)



Monday March 16:

DANCE! Turn on your favourite playlist, and dance for 30 entire minutes. Make sure to move and boogie for the full 30 minutes. Dancing to music that makes us feel happy is not only GREAT exercise for our bodies, but it also helps to keep our minds calm and happy. During this time, it is especially important to keep not only a healthy body, but a healthy mind!

Check out [this fun playlist](#) if you need some musical inspiration!

Tuesday March 17:

MOVE! Complete all of Special Olympics International's Level 1 Fit 5 Videos.

Starting with endurance, let's build our heart rates and warm up our bodies. Complete the Endurance 1 video three times.

1. [Endurance](#)

Secondly, STRENGTH. Repeat the Strength 1 video three times.

2. [Strength](#)

Finally... flexibility! Complete the Flexibility 1 video three times!

3. [Flexibility](#)

Post a picture or video of you completing it and tag SOBC!

Wednesday March 18:

WALK! Go for a 30-minute walk outside and complete these five things:

- ✓ Wear a hat on your walk outside!
- ✓ Bring a bottle of water, and finish drinking it by the time you get home
- ✓ Do five squats every time you see someone with their dog
- ✓ Do five jumping jacks at every stop sign
- ✓ Sprint to the end of the block every time you walk past a red car

Thursday March 19:

Today I challenge you to drink five bottles of water!

For BONUS points → Check out pages 29-32 of the [SOI Fit 5 guide](#) for more information on why being hydrated is so important for athletes like yourself!

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Friday March 20:

Try [this DELICIOUS recipe](#) from Canada's Food Guide! BONUS POINTS: Try a fruit you've never tried before when making this recipe!

Tag us in a photo of the recipe when you're done!

Saturday March 21:

Give [this great at-home workout](#) a try!

BONUS: Post picture or video of you completing it and tag SOBC!

Sunday March 22:

BREATHE. Today your activity is to focus on a healthy mind! Complete [this 10-minute meditation video](#)!

Meditation is good for our mind, it's important to give ourselves times to think and breathe.