








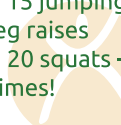









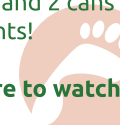



Monday JUNE 8	Tuesday JUNE 9	Wednesday JUNE 10	Thursday JUNE 11	Friday JUNE 12	Saturday JUNE 13	Sunday JUNE 14
<input type="checkbox"/> Watch the CAMH Mindfulness Wellness Series at 2:00pm today! Sign up here to receive a reminder! 	<input type="checkbox"/> Try out a foot stretching technique to help your sports performance! Click here to watch! 	<input type="checkbox"/> Clean your room, house or yard. Start with making your bed, tidying your desk or sweeping! 	<input type="checkbox"/> Watch this fun a capella video on the evolution of music! Click here to watch! 	<input type="checkbox"/> Do you like sweets? Try choosing foods with natural sugars - like berries or dark chocolate - instead of candy! 	<input type="checkbox"/> Give one of these healthy snack recipes a try: Yogurt Bark Granola Bites 	<input type="checkbox"/> Try this stretch to end the week off! Click here to watch! 
<input type="checkbox"/> Try focusing on 2 good things in your life to help you stay positive! Click here for some examples! 	<input type="checkbox"/> Visit Special Olympics Canada's online nutrition guide and pick one recipe! Click here for the nutrition guide! 	<input type="checkbox"/> Click here to watch SO athlete Josee Seguin demonstrate today's fitness challenge: 15 jumping jacks, 10 leg raises (each leg), 20 squats - do this 3 times! 	<input type="checkbox"/> Soak your feet in a bath to relax your foot muscles to end off the week! 	<input type="checkbox"/> Call, text or write 3 family members or friends today and check in with them! Click here for some things to talk about! 	<input type="checkbox"/> Go for a 30-minute walk today - don't forget to practice physical distancing! 	<input type="checkbox"/> Brush and floss your teeth twice today! (Tip: you should be doing this everyday!) 
<input type="checkbox"/> Brush and floss your teeth twice today! (Tip: you should be doing this everyday!) 	<input type="checkbox"/> On a piece of paper, write down 3 things that you are thankful for. Once done, share the photo using #SOHealthyAtHome and tag Special Olympics Ontario! 	<input type="checkbox"/> Go for a 30-minute walk with your favourite pair of shoes! 	<input type="checkbox"/> Brushing your teeth is an important part of staying healthy! Click here for proper brushing techniques and what to do for a great smile! 	<input type="checkbox"/> Learn this dance inspired by Frozen 2! Click here to watch! 	<input type="checkbox"/> Complete this workout by Special Olympics Coach Lindsay - all you need is a chair and 2 cans for weights! Click here to watch! 	<input type="checkbox"/> Make a healthy salad to eat with your lunch - try to include at least 2 vegetables! 

Special
Olympics
**Healthy
Athletes®**



Be sure to complete all 3
challenges each day!

Submit your progress online at **SchoolChamps.ca** for a shout-out during the Opening Ceremony!

For more resources and tools, visit:
SchoolChamps.ca/HealthyAthletes

HEALTHY ATHLETES CHALLENGE

