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Special Olympics
Health
FOUNDATION
MADE POSSIBLE BY **Golisano**



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<p>Spend 5 minutes completing Deep Breathing Exercises</p> 	<p>Do 1 minute of high knees</p> 	<p>Work out to School of Strength Video 3</p> <p>SCHOOL OF STRENGTH</p> 	<p>Post a picture of your favorite yoga pose and tag #inclusivehealth</p> 	<p>Wash your hands for 20 seconds</p> 
<p>Create your own 30 minute workout & share with a friend</p> 	<p>Post a picture of your favorite SO memory</p> 	<p>Track your daily physical activity & nutrition in a Fitness Journal</p> 	<p>Work out to Strength Level 2 Fitness Video</p> 	<p>Eat 5 total fruits and vegetables in one day</p> 
<p>Participate in a BOKS FB Live workout</p> <p>boks</p>	<p>Drink 5 bottles of water in one day</p> 	<p>FREE SPACE</p>	<p>Work out to School of Strength Video 4</p> <p>SCHOOL OF STRENGTH</p> 	<p>Take a 30 minute walk, jog or run</p> 
<p>Avoid caffeine 4 hours before bed</p> 	<p>Participate in a SO live workout on social media</p> 	<p>Do 1 minute of mountain climbers</p> 	<p>Text, call, or video chat with a friend or family member</p> 	<p>Work out to Endurance Level 2 Fitness Video</p> 
<p>Post a picture of your healthy meal and tag #inclusivehealth</p> 	<p>Run in place for 1 minute</p> 	<p>Work out to Flexibility Level 2 Fitness Video</p> 	<p>Take a 30 minute walk or bike ride</p> 	<p>Get 8 hours of sleep</p> 