

SOBC – Health: Upcoming Opportunities

If you have any questions regarding any of the following health opportunities, or any other Health related questions please contact Sport Coordinator, Marlow de Paul (604-737-3081) or mdepaul@specialolympics.bc.ca

Opportunity	Details	How to Register
Virtual Healthy Athletes Education Session – Healthy Hearing	<p>Healthy Hearing → Athletes will learn about hearing, and the importance of caring for our ears! Lead by our 3 wonderful Healthy Hearing Clinical Directors, who be discussing how to practice proper ear care, evaluating athletes hearing, and what steps need to be taken to ensure Healthy Hearing!</p> <p>When: Wednesday, November 4th @ 5:00pm</p> <p>Where: Hosted virtually on Zoom!</p>	<p>https://forms.gle/tBkcBrJBihFbp4pg6</p>
<p>Stay tuned for more Virtual Healthy Athletes Education Sessions to be announced soon!</p>		
Virtual Yoga Club	<p>Taught by mental performance consultant and certified Yoga instruction, Shelbi Snodgrass Yoga Club will teach athletes the basics of Yoga. We will be learning about the different poses and postures, and doing our own practice each week. All Yoga levels welcome!</p> <p>When: a 4 week session, occurring 1x/week on Wednesdays @ 11:00am - 12:00 pm starting Wednesday November 18th</p> <p>Where: Hosted virtually on Zoom!</p>	<p>https://forms.gle/dBwxdM8b26czsdPD8</p>
Virtual Personal Health Series	<p>SOBC is excited to be offering the next Virtual Athlete Health Series. In this series we are going to be discussing Personal Health and Wellness topics. This will include Healthy and Consenting relationships, Puberty, Sexual Health, and Women's Health sessions. Each topic will have its own virtual session, and some of these sessions are separated by gender.</p> <ol style="list-style-type: none"> 1. Healthy and Consenting Relationship (Males and Females together) – November 11th @ 4:30pm 2. Puberty (Women only session) – November 18th @ 4:30pm Puberty (Men only session) – November 18th @ 5:30pm 3. Sexual Health (Women's session) – November 25th @ 4:30pm Sexual Health (Men only session) – November 25th @ 5:30pm 4. Women's Health (Women's session) – December 2nd @ 4:30pm 	<p>https://forms.gle/uCns7rWFM7vLMpCu6</p>

On-Going Health Opportunities

1. Monthly Wellness Calendar – Non-Stop November

Special Olympics BC wants to help everyone stay active, healthy, moving – and having fun! Try out our **monthly calendars of at-home daily workouts, wellness activities, and a chance to win the SOBC Wellness Prize Pack!** [Click here to join in!](#)

2. Virtual Fit Families and Friends

The **Virtual Fit Families and Friends** program is a virtual walking club, with the collective goal of walking around the province and visiting each Local along the way! This program provides great opportunities for Special Olympics BC athletes to get outside, exercise, and connect with others virtually to create engaging and supportive social networks. So let's get moving and get that heart rate up! Locals that would like to, are encouraged to start up their own Virtual Fit Family and Friends Programs. Although this program typically only runs in the summer, SOBC is continuing this opportunity to allow new locals to take this on. This program has been a fantastic success over the last few months with athletes, families, and coaches walking over 1100kms, discussing healthy nutrition habits and creative recipes, and connecting and socializing over zoom. To find out more please check out the website: <https://www.specialolympics.ca/british-columbia/fit-families-friends>

Any athletes, families, and coaches who would like to be part of the program can contact Special Olympics BC Sport Coordinator Marlow de Paul by email at mdepaul@specialolympics.bc.ca or by phone at 604-737-3081.

3. Club Fit (CF) and Virtual Club Fit (VCF)

Outdoor Club Fit being in Level 1 of the SOBC Return to Sport, locals are encouraged to offer this, once they receive approval from the SOBC provincial office.

Virtual Club Fit is another option for locals to implement, this can also be done in addition to an Outdoor Club Fit program. VCF will permit a coach to connect with the athletes virtually on zoom, on a weekly basis, and run the athletes through an at-home workout. Weekly workouts, health discussion topics, and additional programming can be provided to Coaches. Programs interested in starting a Virtual Club Fit are asked to contact Sport Coordinator Marlow de Paul by email at mdepaul@specialolympics.bc.ca or by phone at 604-737-3081.