

SPECIAL OLYMPICS HAWAII

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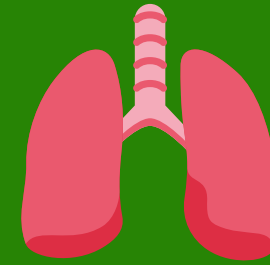
Participate in a socially distanced Fitness Activity

Participate in a weekly Fitness Challenge

Practice meditating!



Practice deep breathing



Participate in a Zumba Workout



Attend a Virtual Dance workout with Noelle

Post a picture of you wearing a Mask

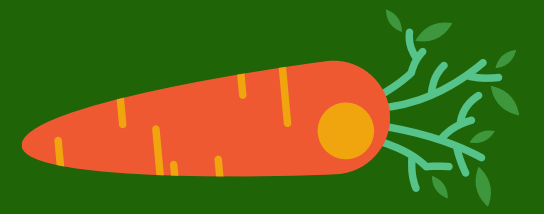
Steam your favorite vegetable



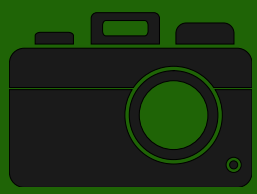
Post a picture of your post-workout meal!



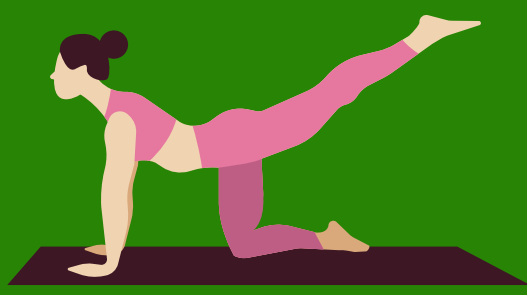
Post a picture of your favorite vegetable snack!



Post a picture of you dressed for the Weekly Dance Party



Post a picture of your favorite Yoga Pose



FREE SPACE

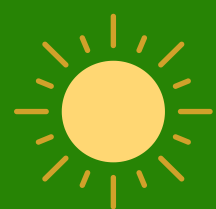
Post a picture of your favorite healthy Meal



Throw a shaka at your favourite outdoor spot!

Post a picture of using your favorite water bottle

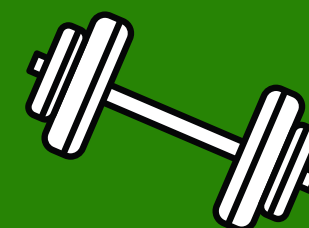
Post a picture of you practicing sun safety!



Post a picture of you exercising outside



Complete a resistance workout!



Post a picture of your stretching routine!



Eat 3 meals throughout a day



Go to an in-person holo holo



Wear your favorite Special Olympics Shirt

Workout 3 times a week for 2 straight weeks



Post a picture of your cool-down