

# Welcome



Happy Summer!

This newsletter serves as a guide to help you be a healthy athlete and be your best, on & off the field. Contents will include stories and Athlete Health Messenger spotlights, fun recipes and tips, exercises, mindfulness activities and more.

Here are some fun activities to keep your body and mind healthy as the weather heats up:

- Have a picnic in the shade with your favorite healthy snacks.
- Wear a hat to take a hike and protect yourself from the sun.
- Enjoy the water, the ocean, lake or pool! Remember to apply sunscreen and reapply once you're out of the water.
- Build yourself a salad with at least five different colors of fruits and vegetables.

– Amanda & Toni  
Health & Wellness Team

## SPECIAL OLYMPICS NORCAL UPCOMING EVENTS

**Healthy Athletes at Summer Games**  
June 28 from 10 a.m. to 4 p.m.

**Family Health Forum at Summer Games**  
June 28 from 5 to 6:30 p.m.

**Healthy Young Athletes Screenings**  
Screenings for children ages 2-10. June 29 from 10 a.m. to 2 p.m. at Summer Games

**Fall Walking Club**  
Registration opens July 8 for the season beginning August 5. Register at [SONCWalkingClub.com](http://SONCWalkingClub.com).

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Northern California  
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# HEALTH & WELLNESS

Elevating *body* and *mind*

HAPPENINGS FROM  
SPECIAL OLYMPICS NORCAL



MADE POSSIBLE BY  
Golisano FOUNDATION





# HEALTH MESSENGER SPOTLIGHT

**Cristhian O. | Contra Costa County**

Cristhian is a Special Olympics athlete, Athlete Leader and Health Messenger. He recently completed the Health Messenger Training and is excited to share what he knows with others!

**What are your favorite sports?**

Bowling, track & field, and golf.

**What is your favorite way to exercise?**

My favorite way to exercise is walking. I do it for 20-30 minutes, five times per week.

**What is your favorite part about Special Olympics?**

My favorite things about Special Olympics are getting to meet new people, participate in a lot of activities, and do public speaking.

**What is one of your goals as a Health Messenger?**

I can talk to people about the right ways to be healthy, not get sick and have a happy life.



## SUMMER SUN SAFETY

Spending time outdoors is important... but we have to protect ourselves! Complete this activity to get yourself ready for some fun in the sun.

*Protects you from the sun*

*Draw each item from the list in the right box*

*Does not protect you from the sun*

-  **Sunscreen**
-  **Shovel**
-  **Skateboard**
-  **Santa Hat**
-  **Flash Light**
-  **Pale**
-  **Umbrella**
-  **Sunglasses**
-  **Beach Ball**
-  **Water**

## WATER WITH A TWIST



Putting fruit, vegetables and fresh herbs in your water is a healthy and refreshing way to add flavor to your drink. Plus, it's tasty and doesn't have all the added sugar of soda, energy drinks or sports drinks!



### INSTRUCTIONS

Fill your glass with water and add any combination of sliced ingredients that you think will be good. Let it sit for a few a few minutes & enjoy!

## WHAT'S NEW | Fresno Zoo Walking Club

What do giraffes, flamingos and Special Olympics athletes have in common? They were all a part of our recent Walking Club Day in Fresno!

More than 160 participants enjoyed a fun Walking Club Day at the Fresno Chaffee Zoo in April. Athletes and community members got to experience the different zoo exhibits while getting some exercise and enjoying social activities. In total, we walked 200 miles combined!

## OUR IMPACT

Special Olympics Northern California creates an inclusive community where people with and without disabilities can make connections, develop healthy lifestyles, achieve success, and experience the joy of sports. Learn about our programs and upcoming events at [SONC.org](http://SONC.org).

