

Special Health Check In: May 22nd

The health and well-being of our Special Olympics Hawaii community is top of mind for us during this difficult time. Which is why we are introducing this new check in to keep in touch with all of you through the one thing that brings us together — Health and Wellness. We look forward to being together soon!

[Visit our Website](#)

International Dance Day with DJ Kutmaster Spaz

In honor of International Dance Day on April 29, Special Olympics Hawaii hosted a special virtual dance party. DJ Kutmaster Spaz was generous enough to donate his time and help spin some great music for our athletes to bust a move to! Over 100 athletes from all across the state boogied down together and enjoyed dancing the hour away with friends.



Story Time with Our Young Athletes



Social distancing from family and friends for weeks on end has been difficult for everyone -- from our hard-working parents to littlest athletes. For those of you looking for fresh ideas to keep your keiki occupied consider participating in Special Olympics Hawaii's Young Athletes program!

Every Saturday at 10 a.m. we host a 15-minute Young Athletes story time and group movement activity via Zoom. If interested, please download Zoom on your computer or mobile device and join the meeting with the ID number: 837 3827 7065. We hope to see you there!

Special Olympics Hawaii Athletes Share Their Favorite Fit Foods!

Our amazing athletes bring their skills to the kitchen with our new Fit Foods video series! Every Monday check SOHI's social media accounts to see different athletes sharing how to make some of their favorite healthy meals they've been enjoying during the stay-at-home order.

Mighty Ducks team member Ian Kahalewai kicked off the series with his egg-stra special recipe on scrambled eggs with vegetables over rice. You can also watch videos by Alice Webb who demonstrated a delicious salmon wrap and Kyson Cadiam who helped us cool down with his tasty chocolate, peanut butter and banana smoothie recipe.



Wellness Corner: Eat Healthy!



Special Olympics Hawaii's Director of Sports Blythe Yamamoto shares with us this edition's wellness tip, which is to eat healthy! When maintaining a healthy diet, incorporating lots of fruits and vegetables are very important and it makes your meal bright and colorful. Also, avoid eating too much sugar and processed foods as much as possible.

Blythe shares, "When your body is fueled with healthy food you will feel better and have tons of energy!" Some of Peyton and Blythe's favorite healthy snacks are strawberries, grapes, carrots and cucumbers.

Special Acts of Aloha

- Special Olympics Maui distributed 200 masks – courtesy of a generous donation by Maui United Way -- to help athletes and families stay safe during the pandemic. One of the special ways that masks were distributed was at a birthday drive-by for Special Olympics athlete Ryan Behn who turned 30 years old. Families that needed masks could take a bag that contained two masks from basket while practicing social distancing. For those that couldn't attend, masks were mailed to them directly. Enough masks were available to also send to families on Molokai, Lanai, Kona and Hilo.
- Special Olympics Hawaii would like to send a BIG mahalo to those who have been volunteering for our virtual work out sessions and dance parties. We are grateful for your support, time and dedication to our athletes during this difficult time. Some of the individuals we would like to thank include:
 - Aaron Swan - Maui Coach
 - Amy Kotani
 - Denise Lindsey - West Hawaii Area Director
 - DJ Blair
 - DJ Crichton
 - DJ Kutmaster Spaz
 - Emily Latimer - YEs Board
 - Ryan Martin - OrangeTheory Fitness
 - Tanya Graham - East Hawaii Instructor



VIRTUAL
CHEER
FOR CHAMPIONS

Help us keep our programs going by being a part of our Virtual Cheer for Champions event! [Click here](#) to find out how you can take part in the event and receive Dinner for Two delivered to your home to thank you for your support!

Mahalo for your support!