



How to get your

# FIT 5

A guide to achieving fitness and your personal best with **physical activity**, **nutrition**, and **hydration**.

*Special  
Olympics*



# Thank you to our sponsors:



Special Olympics  
**Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION



**FINISH LINE**

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# What is FIT 5?

Athletes want to perform their best at every competition. You can do this by being fit. **Fit 5 is a plan for physical activity, nutrition, and hydration.** It can improve your health and fitness to make you the best athlete you can be.

## Goals of FIT 5



**EXERCISE**

**5**

days a week



**EAT**

**5**

total fruits and  
vegetables per day



**DRINK**

**5**

water bottles  
per day

# Exercise

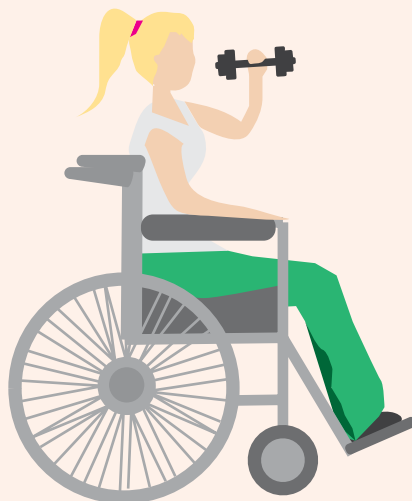
You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

**Your goal with FIT 5 is to do at least 5 days of exercise!**

## Types of Exercise:



**ENDURANCE**



**STRENGTH**



**FLEXIBILITY**



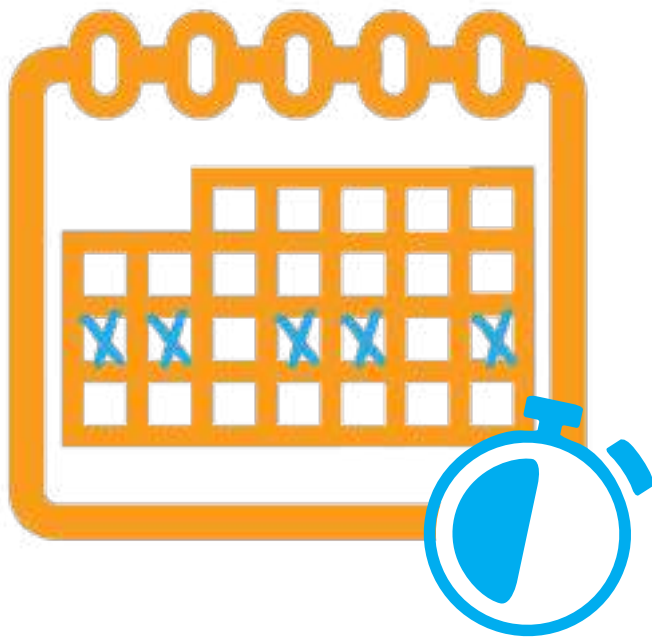
**BALANCE**

# Endurance



**Endurance is the ability of your body to keep moving for long periods of time.** Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

**Try your favorite endurance exercise for 30 minutes, 5 days each week.**



Running



Biking



Dancing



Brisk  
Walking



Aerobics  
Classes



Swimming

# Endurance at Home



**Endurance exercise can be done anywhere.** Do each exercise for 30 seconds, resting for 1 minute in between each exercise. Complete 3 times.

## Jumping Jacks

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.

1



2



For more advanced exercise, [see the Endurance Fitness Cards!](#)

# Endurance at Home



## Quick Punches

1. Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
2. Turn toward your left side. Punch your right arm in that direction.
3. Return to the center with both hands in fists by your chest and elbows down by your side.
4. Now, turn toward your right side. Punch your left arm in that direction.

1



2



3



4



For more advanced exercise, [see the Endurance Fitness Cards!](#)



# Endurance at Home



## March and Swing Your Arms

1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.

1



2



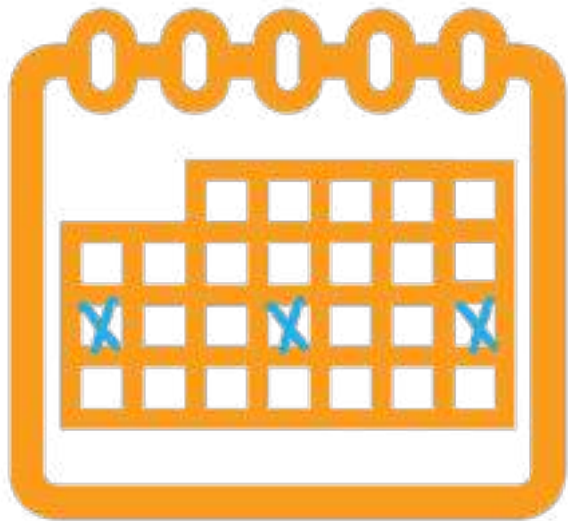
For more advanced exercise, [see the Endurance Fitness Cards!](#)

# Strength



**Strength is the ability of your body to do work.** Strength gives you the ability to jump higher, throw farther, and sprint faster.

**Try to complete a workout for the entire body, 2-3 days each week.**



Body Weight



Dumbbells



Barbells



Machines



Medicine  
Balls



Exercise  
Bands

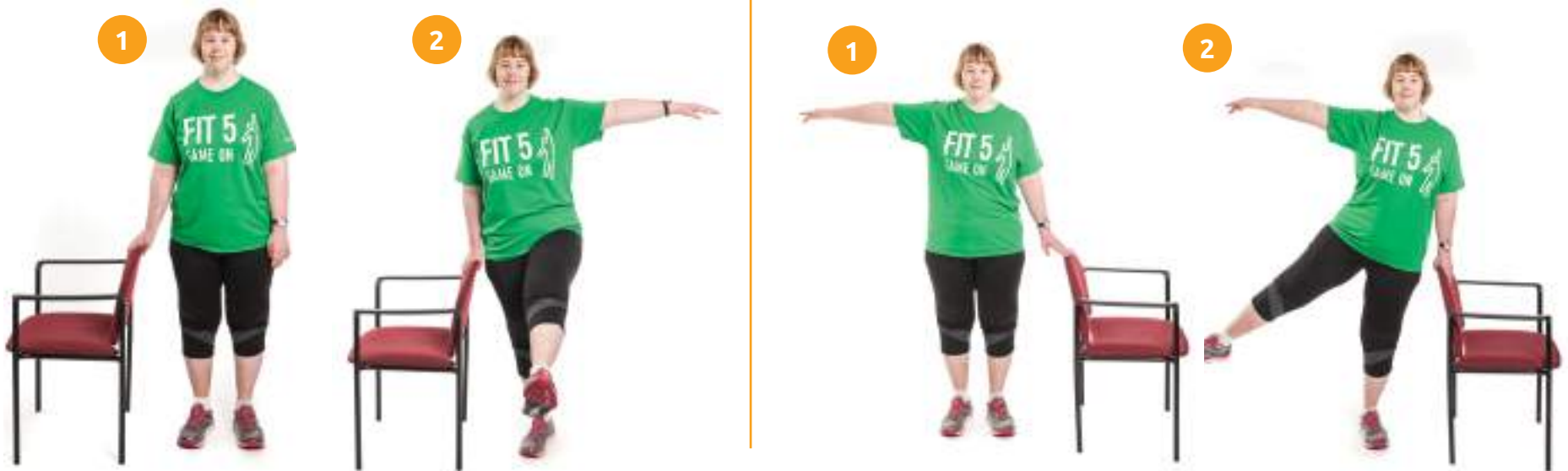
# Strength at Home



**Strength exercises can be done anywhere.** Do 10 of each exercise and then move on to the next exercise. Rest for 1 minute. Complete 3 times.

## Straight Leg Raises

1. Stand tall. Use a chair or wall for balance.
2. Forward: Slowly lift your leg up in front of you as high as you can. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
3. Side: Slowly lift your leg out to the side with your toe pointed forward. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
4. After you have completed all leg lifts on one side, switch to the other side.



For more advanced exercise, [see the Strength Fitness Cards!](#)

# Strength at Home



## Push-Ups on the Wall

1. Stand facing the wall. Place your hands flat on wall at shoulder level. Keep your arms straight. Your feet should be behind your body so that you are leaning on the wall. Stand on the balls of your feet.
2. Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
3. Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.



For more advanced exercise, [see the Strength Fitness Cards!](#)

# Strength at Home



## Curl Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



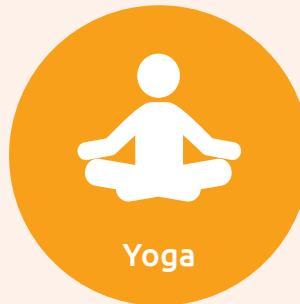
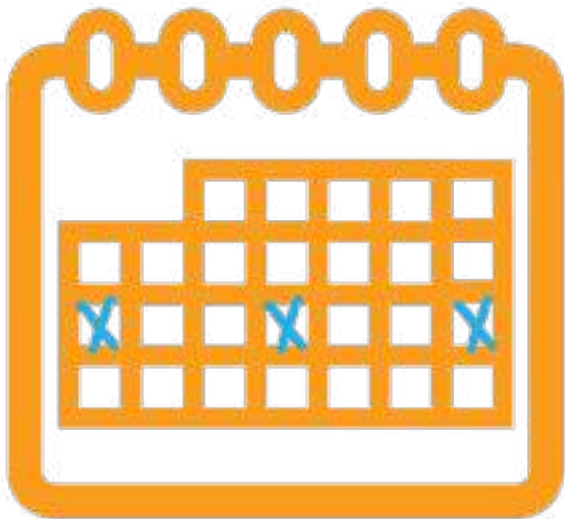
For more advanced exercise, [see the Strength Fitness Cards!](#)

# Flexibility



**Flexibility is the ability of your body to move easily in all directions.** Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

**Try to complete a stretch for all body parts, 2-3 days each week!**



**Note: Dynamic stretching should be done as part of your warm up. Static stretching should be done as part of a cool down.**

# Flexibility at Home



**Stretches can be done anywhere.** Do the following exercises for a quick full body static stretch after practice or on your days off. Hold each stretch at least **30 seconds**.



## Calf Stretch

1. Stand facing a wall. Put your hands against the wall at shoulder height.
2. Put one foot in front of the other.
3. Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
4. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
5. Switch your feet and repeat the stretch.



## Child's Pose

1. Kneel on the ground.
2. Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
3. Sit your bottom down over your heels. You should feel a stretch in your shoulders and lower back.



## Knee to Chest

1. Lie on back with your legs straight.
2. Bring right knee toward your chest.
3. Wrap your arms underneath your knee and pull your leg closer to your body until you feel a stretch in the back of your right thigh.
4. Repeat the stretch on your left leg.

**For more advanced exercise, [see the Flexibility Fitness Cards!](#)**

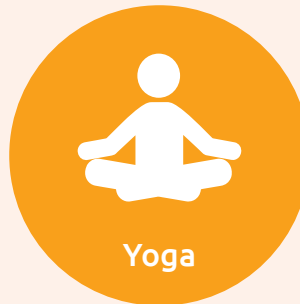


# Balance



**Balance is the ability of your body to stay upright or stay in control of your movements.** Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

**Try to complete a full body balance workout, 2-3 days each week!**



Yoga



Static Balance



Dynamic Balance



# Balance at Home



**Balance can be done anywhere.** Do the following exercises for a balance workout. Complete **3 sets**.



## Single Leg Stance

Stand on one leg with your arms out to the side. Work up to holding this position for **30 seconds**.

# Balance at Home



## Leg Swings

Stand on one leg, swinging the other leg front to back. You can lightly hold onto something for help if necessary. Do **10 swings** on each side.



# Balance at Home



## Walking On a Line

Find or make a straight line on the floor. Walk on the line for **20 steps**. You can put your arms out to the side for additional balance help.



# Exercise is Fun!



**It is easy to get in the right amount of exercise if you make it fun.** Here are some tips to help you stay motivated to reach your Fit 5 goal.



## Exercise with a friend or group!

- Go on a walk, run, or bike ride with a friend or family member.
- Join a group exercise class.
- Do strength training with a teammate.



## Take the lead at practice!

- Ask your coach if you can lead some flexibility or strength exercises.
- Teach a friend a new sport.



## Try something new!

- Try a new group exercise class.
- Walk or run a different route than you normally do.
- Learn a new strength or flexibility exercise.



## Track your improvements!

- Write a goal on a piece of paper. Post the goal on your wall.
- Keep a log of your exercises so you can see your progress.

# Reach Your Fit 5 Exercise Goal



**It's easy to do 5 days of exercise in one week.** Follow this sample exercise plan and see how easy it is to reach your goal.

Day of the week	Activity	Time Spent
<b>Monday</b>	Special Olympics football practice -stretched and did strength exercises during warm ups -walked and ran during practice	<b>90 minutes</b>
<b>Tuesday</b>	Walked with a friend after work Did balance exercises before bed	<b>45 min 10 min</b>
<b>Wednesday</b>	Off	
<b>Thursday</b>	Did a group exercise class -ended the class with strength exercises and stretching	<b>60 minutes</b>
<b>Friday</b>	Off	
<b>Saturday</b>	Biked on a trail in the park	<b>30 min</b>
<b>Sunday</b>	Walked with Mom -did balance exercises after our walk	<b>35 minutes</b>

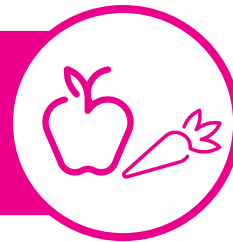
# Food and Nutrition

Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

**Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!**



# Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

## Grains

- Brown or Wild, or Unpolished Rice
- Oatmeal
- Whole grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

## Dairy

- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, unsweetened yogurt
- Cottage Cheese

## Fruits

- Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
- Frozen Fruits
- Canned fruits (pick options with no added sugar)
- Dried fruits: Raisins, Bananas, Apricots
- Seasonal Fruits



## Water

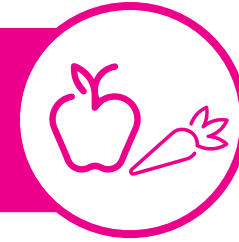
## Meats and Beans

- Lean Meats
- Eggs
- Fish (frozen, fresh or canned)
- Tofu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

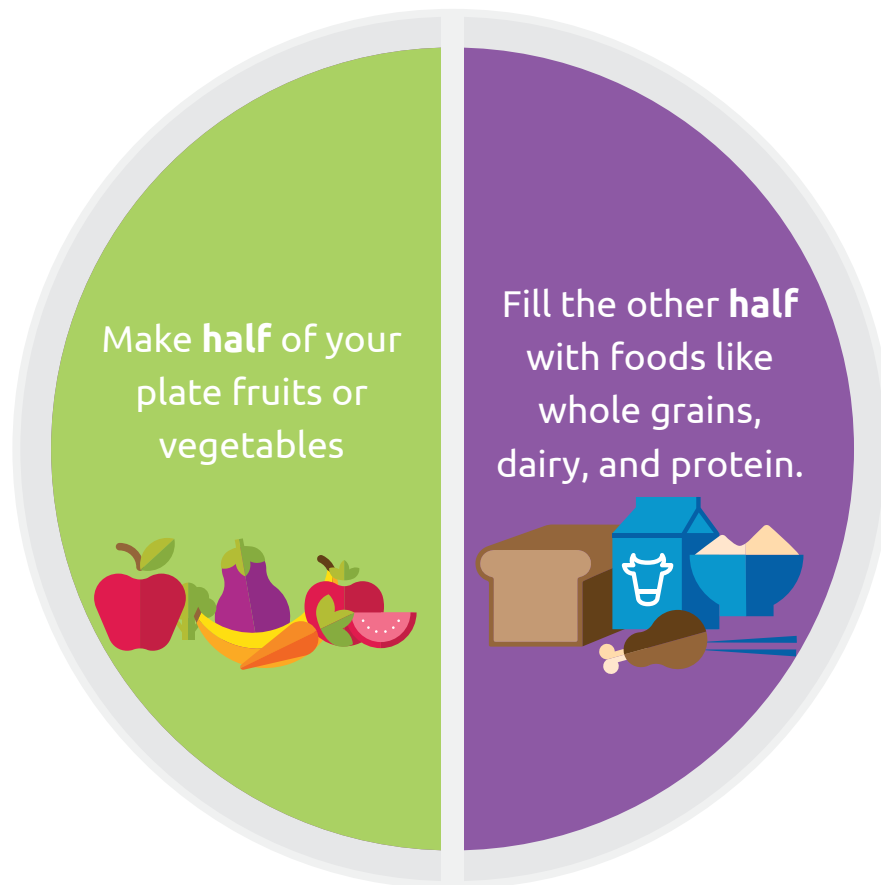
## Vegetables

- Fresh: Asparagus Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Lettuces and Dark Leafy Greens
- Frozen Vegetables
- Salads
- Canned Vegetables

# Building a Healthy Plate



Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.



Watch the amounts of food you put on your plate. See the Perfect Portion page.

Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

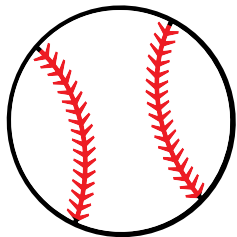
Keep snacks healthy and small.



# Perfect Portions



Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



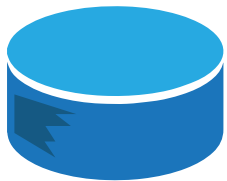
1 serving of fruit



1 serving of rice  
or pasta



1 serving of  
vegetables



hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese

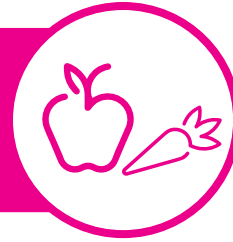


1 serving of nuts



1 serving of nut  
butter

# Healthy Meals



**Add more fruits and vegetables to your meals.** You can make any meal more nutritious with these simple suggestions.

## Breakfast

- Have a piece of fruit with your meal
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.



## Dinner

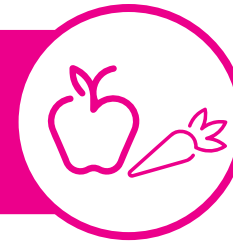
- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.

## Lunch

- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.



# Healthy Snack Ideas



**Snacking is a great way to make sure you are full of energy.** It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.



Apple slices dipped in peanut butter



Low-fat unsweetened yogurt with berries



Low-fat cottage cheese with tomatoes

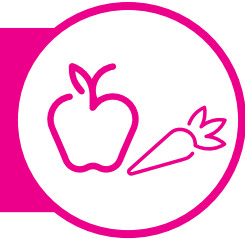


Carrots or peppers dipped in hummus

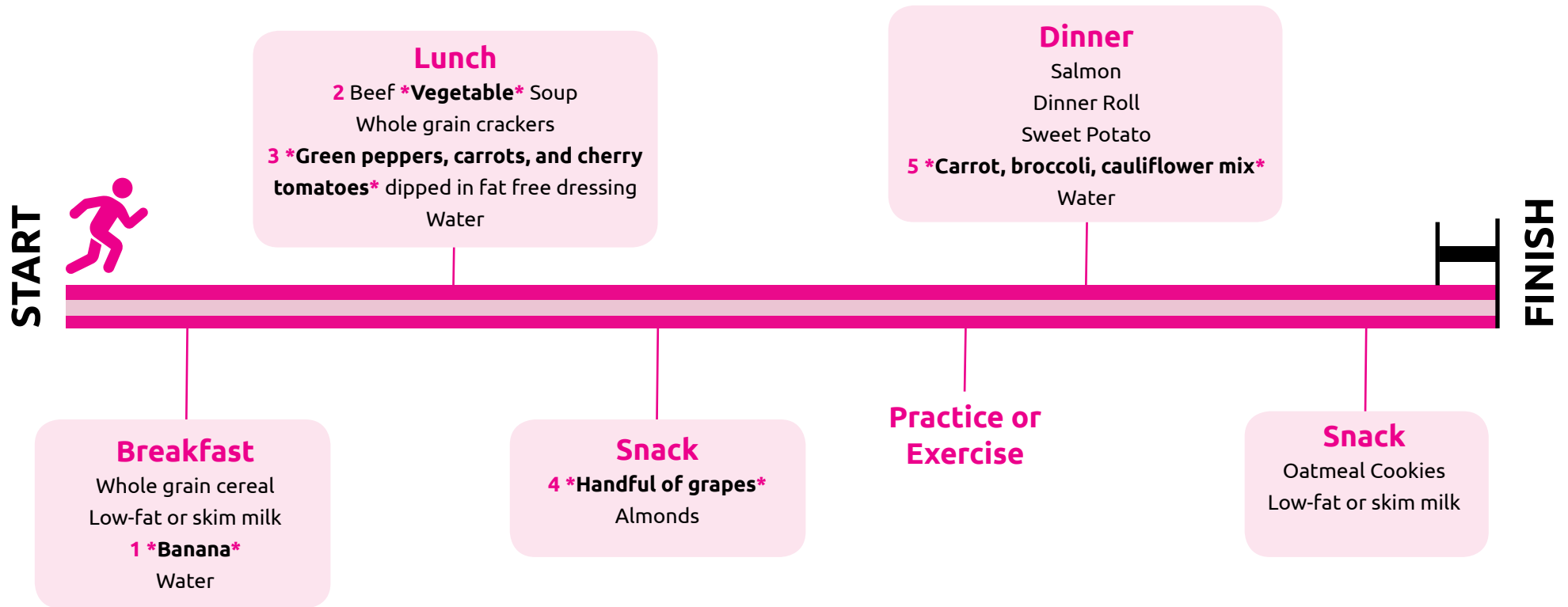


Celery topped with peanut butter and raisins

# Reach Your Fit 5 Nutrition Goal



It's easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.



With healthy meals and snacks, it's easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.

# Hydration

**Water is another important fuel for sports and for life.** Drinking the right amount of water is important for your health and can also help your athletic performance.

**Your goal with FIT 5 is to drink 5 bottles of water every day!**

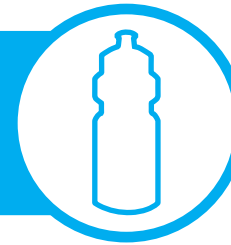
*Your bottle should be 16-20oz or 500-600ml*



**TIP:**

Drink out of a sports water bottle to track your Fit 5. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

# Signs of Dehydration



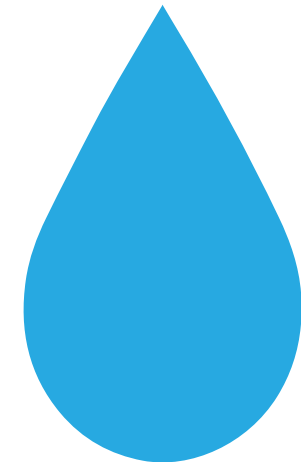
Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well.

**This is called dehydration.**

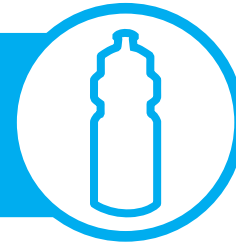
## Signs of Dehydration:

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

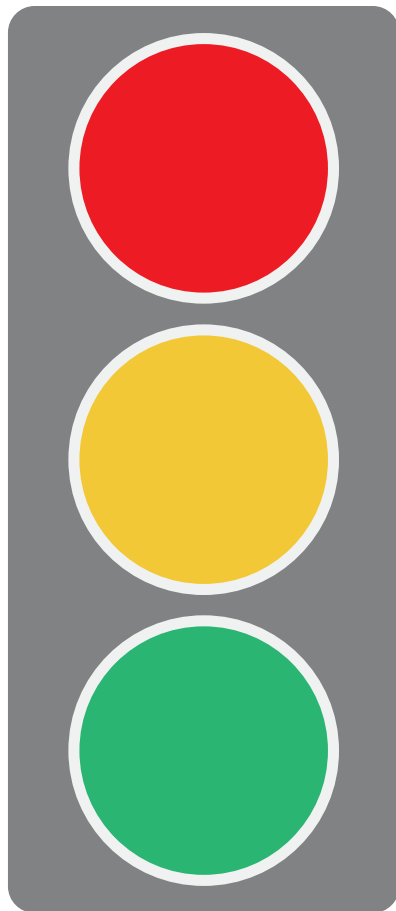
**Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?**



# Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



## **Sodas, energy drinks, and sports drinks are NOT good beverage choices.**

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



## **Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.**

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.

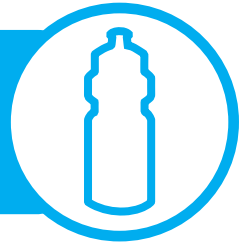


## **Water is the best choice for a beverage!**

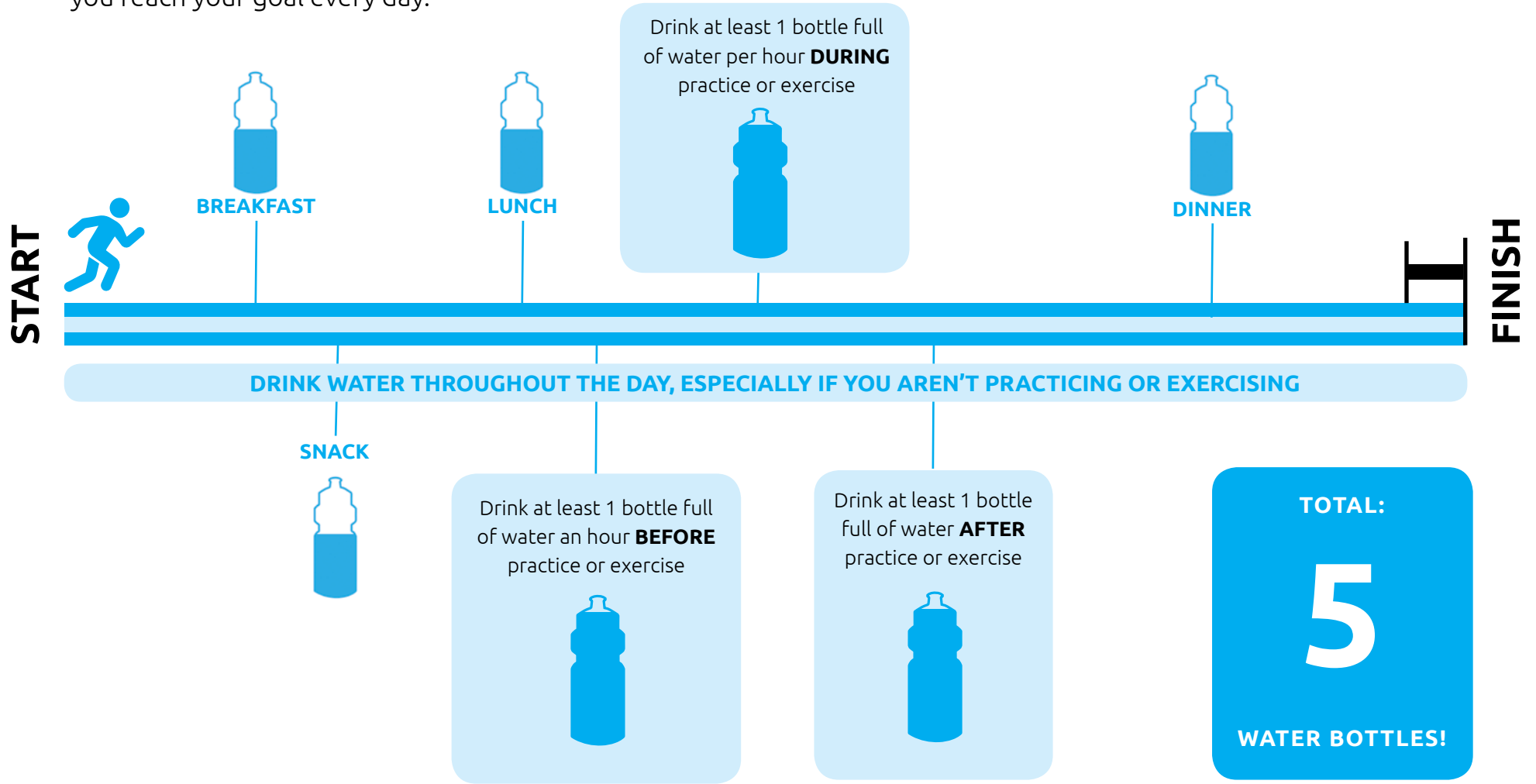
Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



# Reach Your Fit 5 Hydration Goal



Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.





# Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Exercise</b> Check box if you exercised today!  Write in the number of minutes  _____ Minutes	<input type="checkbox"/>  _____ Minutes	<input type="checkbox"/>  _____ Minutes	<input type="checkbox"/>  _____ Minutes	<input type="checkbox"/>  _____ Minutes	<input type="checkbox"/>  _____ Minutes	<input type="checkbox"/>  _____ Minutes	<input type="checkbox"/>  _____ Minutes
<b>Nutrition</b> How many total fruits and vegetables?	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
<b>Water</b> How many bottles (16oz) of water did you drink?	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○

Fill in the star if you reached your Fit 5 goal this week:

Exercise 
                         
 Nutrition 
                         
 Water 

# Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								

# Resources



**Check out these great websites to learn more about exercise, nutrition, and hydration!**

## **NCHPAD.org**

This website has lots of health resources for people with disabilities. They have articles, videos, and even workout plans.

- For a beginner exercise program visit: <http://www.nchpad.org/14weeks/>
- For advanced exercisers, try the Champion's Rx program: <http://www.nchpad.org/CRx>

## **ChooseMyPlate.org**

This website has it all! Learn how many servings of each food group you need, track your eating to see if you are eating healthy, and even find links to healthy recipes

## **EatRight.org**

This website also has loads of nutrition information, healthy recipes, and even a section to find a dietitian in your area

## **Heart.org (Click on the heading, "Getting Healthy")**

The American Heart Association has great resources for leading a healthy lifestyle, including a nutrition center with tons of recipes and cooking videos for heart-healthy recipes.

## **Diabetes.org (click on the heading, "Food & Fitness")**

The American Diabetes Association has lots of great articles for people who have diabetes. There are also many diabetes-friendly recipes!





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