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

This resource was supported by the Grant or Cooperative Agreement Number, U27 DD001156, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Special thanks to the athletes and leaders featured in this guide:
Robbie Albano, Garrett Barnes, Danilo Benitez, James Black, Christa Bleull, Solomon Burke, Loretta Claiborne, Bryce Cole, Benjamin Collins, Novie Craven, Mary Davis, David Godoy, Alicia Gogue, Robert Jones, Terrel Limerick, Alisa Ogden, Tim Shriver, Dan Tucholski, Munir Vohra, Matthew Whiteside, and Joe Wu.

Table of Contents

What is Fit 5 2

Exercise 3

Food and Nutrition 18

Hydration 25

Tracking Charts and Resources 29

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

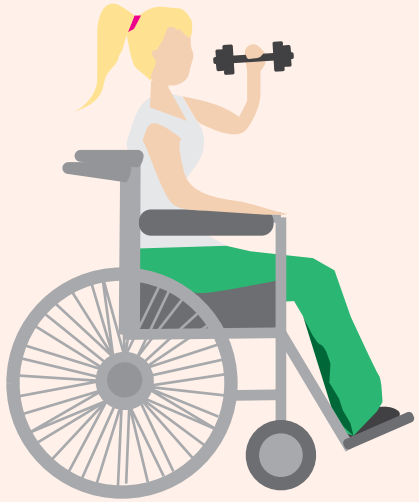
Exercise

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

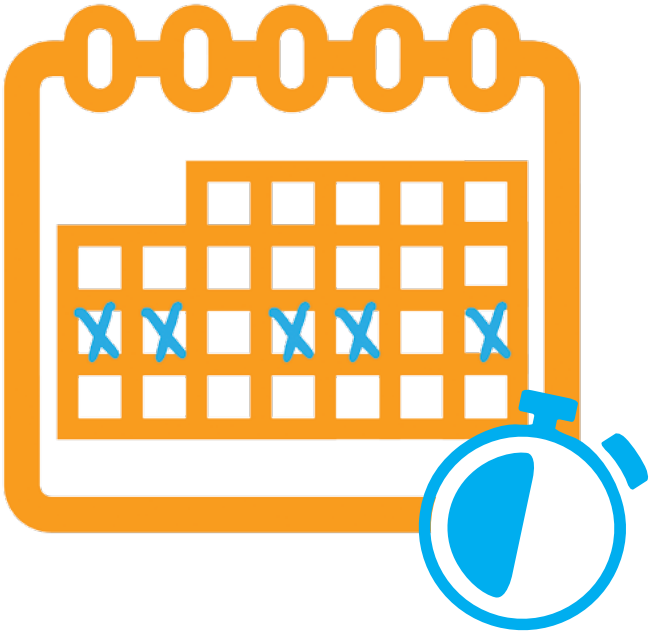
FLEXIBILITY

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.



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.

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.

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.

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

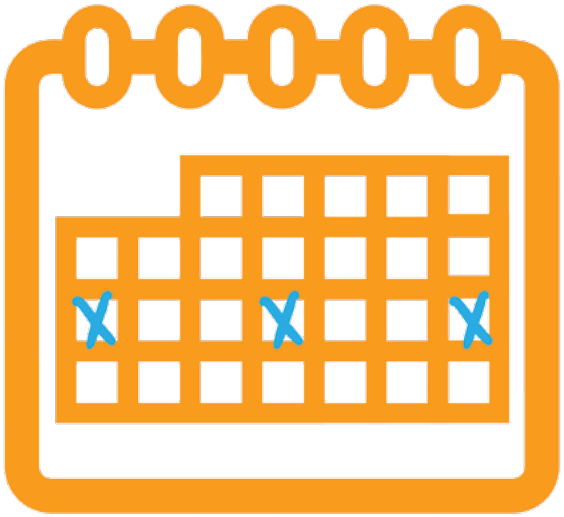
1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly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

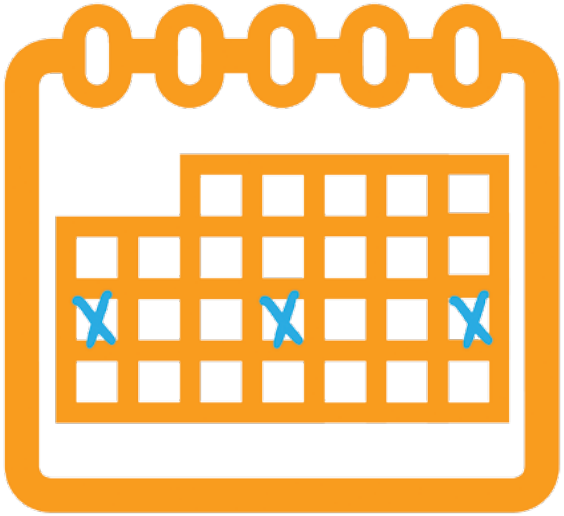
1. Lie on back with your legs straight.
2. Bring right knee toward your chest.
3. Wrap your arms underneath your knee and pull your leg closer to your body until you feel a stretch in the back of your right thigh.
4. Repeat the stretch on your left leg.

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!



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

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:**

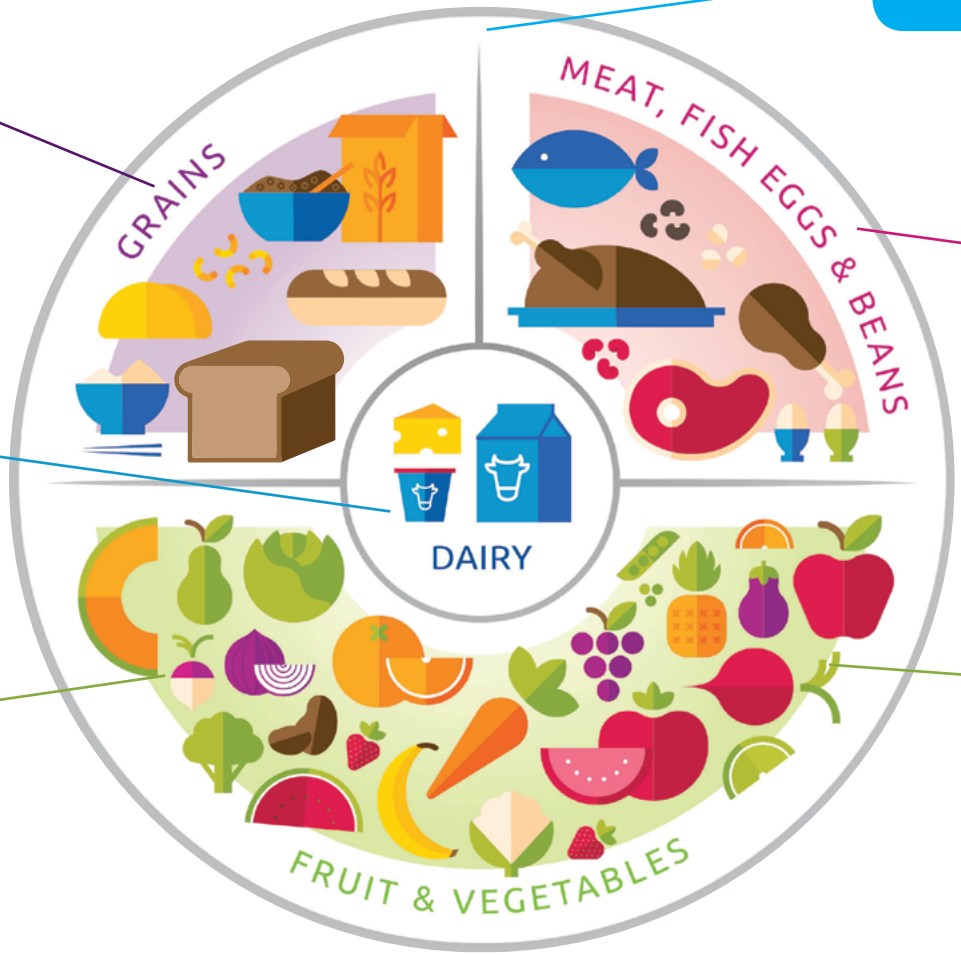
Water

Grains

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

Meats and Beans

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



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

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.

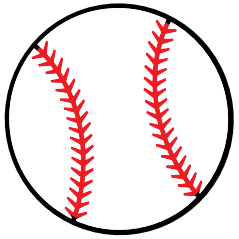
Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

Keep snacks healthy and small.

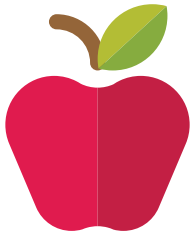
Perfect Portions

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

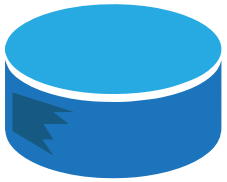
=



1 serving of fruit

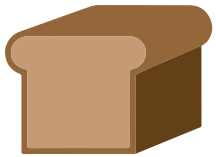
1 serving of rice or pasta

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.

START

Breakfast
Whole grain cereal
Low-fat or skim milk
1 ***Banana***
Water

Lunch
2 Beef ***Vegetable*** Soup
Whole grain crackers
3 ***Green peppers, carrots, and cherry tomatoes*** dipped in fat free dressing
Water

Snack
4 ***Handful of grapes***
Almonds

Practice or Exercise

Dinner
Salmon
Dinner Roll
Sweet Potato
5 ***Carrot, broccoli, cauliflower mix***
Water

Snack
Oatmeal Cookies
Low-fat or skim milk

FINISH

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.**

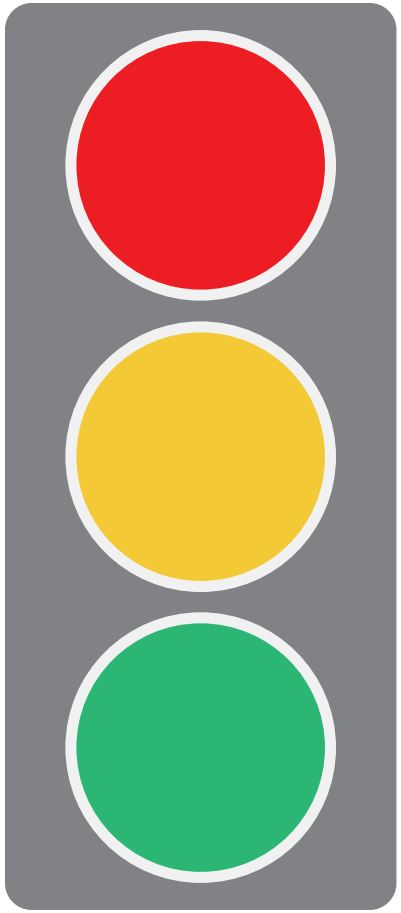
Signs of Dehydration:

- ☐ 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.

START

BREAKFAST

LUNCH

Drink at least 1 bottle full of water per hour **DURING** practice or exercise

DINNER

FINISH

DRINK WATER THROUGHOUT THE DAY, ESPECIALLY IF YOU AREN'T PRACTICING OR EXERCISING

SNACK

Drink at least 1 bottle full of water an hour **BEFORE** practice or exercise

Drink at least 1 bottle full of water **AFTER** practice or exercise

TOTAL:

5

WATER BOTTLES!

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes	☐ _____ Minutes
Nutrition How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Water 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!

FIT 5
GAME ON

Special Olympics

This resource was supported by the Grant or Cooperative Agreement Number, U27 DD001156, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.