How to get your FIT 5

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

Special Olympics

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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.

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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

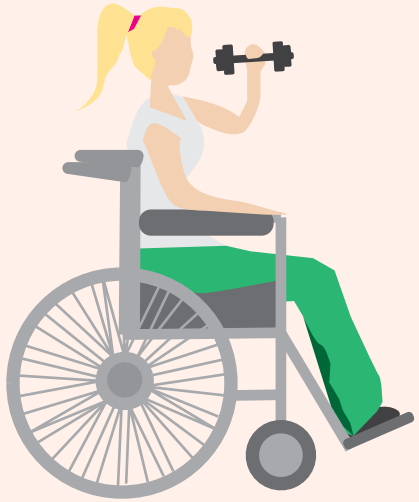
Exercise

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

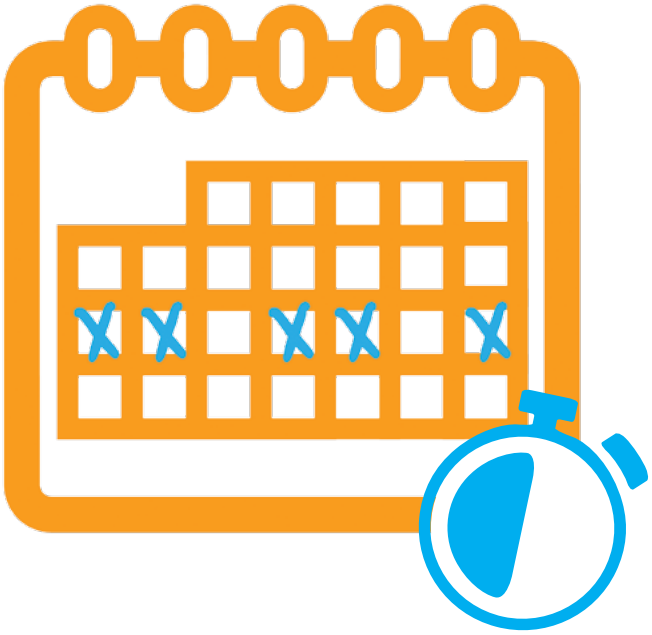
FLEXIBILITY

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.



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

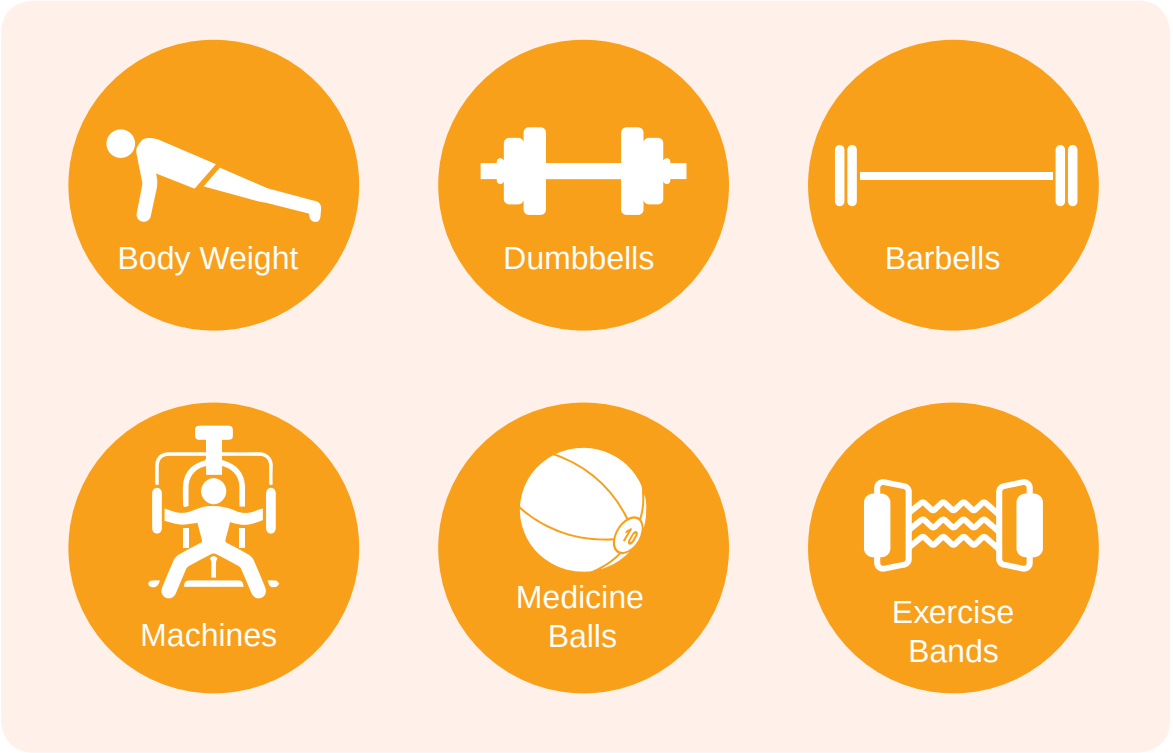
1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.

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!