

# Take 5 for FIT 5: Toolkit for Sports

## Introduction

Fit 5 is a guide to achieving fitness and your personal best with physical activity, nutrition, and hydration. It is based on the three simple goals: exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 bottles of water per day. This guide provides tips and recommendations for achieving these goals and includes a fitness tracker to record progress. Athletes want to perform their best at every competition. They can do this by being fit. The Fit 5 plan will help them improve their health and fitness to make them the best athlete they can be.

In this toolkit, you will be provided with information and resources for athletes and coaches about how to achieve the FIT 5 goals of:

- Exercise 5 Days a Week
- Eat 5 Fruits and Vegetables a Day
- Drink 5 Bottles of Water a Day

The key to success is for the athletes to learn to pay attention to their health behaviors and as a group, prioritize health and wellness. This toolkit provides coaches, teachers, group leaders etc. with 10 lessons that can be completed in approximately five minutes. Part of each lesson includes tracking the FIT 5 goals. For some, the lessons will take five minutes, for others it may take longer depending on the number of athletes, coaches, assistant coaches, and parents and the degree of assistance and time that each athlete needs.

Each athlete will have their own tracking form ([page 31 and 32](#)) to use throughout the week and bring to practice/class. **PLEASE MAKE COPIES OF THESE PAGES FOR EACH ATHLETE** (you can use 1 two-sided page). You will also need to make copies of the Athlete Healthy Lifestyle Survey for each athlete.

Coaches/teachers will utilize a roster found on [page 3](#) of this toolkit, which will be turned into the county director or sports manager upon the completion of the program. This roster will be used to record which athletes accomplished their goals for each of the 10 weeks of the program.

## Week 1- Introduction

- Athletes will complete the Healthy Lifestyle Survey
- Introduce the FIT 5 goals
- Distribute FIT 5 toolkit and trackers

## Week 2-Exercise

- Strength

## Week 3-Nutrition

- Why Fruits and Vegetables

#### Week 4-Water

- How Much Water to Drink

#### Week 5-Exercise

- Endurance

#### Week 6-Nutrition

- Protein and Carbohydrates

#### Week 7-Water

- What is Dehydration?

#### Week 8-Exercise

- Flexibility and Balance

#### Week9-Nutrition

- MyPlate

#### Week 10-Awards

- Complete Healthy Lifestyle Survey
- Awards for participation
  - “valuable award” if completed FIT 5 for at least 5 weeks
  - “Most FIT Player” award to person who completed FIT 5 for all 10 weeks (or the most weeks)

Coaches Name: \_\_\_\_\_

RTP: \_\_\_\_\_

County: \_\_\_\_\_

Sport: \_\_\_\_\_

Name	FIT 5 Goal	Week									
		1	2	3	4	5	6	7	8	9	10
	Exercise										
	Nutrition										
	Water										
	Exercise										
	Nutrition										
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## Week 1: Introduction

What is Take 5 for FIT5?

Introduce the athletes to the FIT5 guide.

Using **page 2**, of the guide, explain to the athletes that you will be taking five minutes at the beginning, end or as a break during every practice to learn about exercise, nutrition and hydration.

Purpose: FIT5 is a guide to achieving fitness and your personal best with physical activity, nutrition and hydration.

Goals:

- ❖ Exercise 5 days a week
- ❖ Eat 5 fruits and vegetables per day
- ❖ Drink 5 water bottles per day

On **pages 31 and 32** of FIT 5, you will find the “Weekly Exercise, Nutrition and Hydration Tracking” form. **PLEASE MAKE COPIES OF THESE PAGES FOR EACH ATHLETE** (you can use 1 two-sided page). Use the form to show athletes how to track their FIT 5 goals.

- 1) Write the number of minutes they exercise everyday
- 2) Color the circle every time they eat a fruit or vegetable
- 3) Color the circle every time they drink a bottle of water

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

Below are discussion questions designed to get athletes thinking about their existing habits and new things to try to incorporate in order to reach their FIT 5 goals.

Exercise

1. What do you like to do for exercise?
  - a. Special Olympics sport
  - b. Dance
  - c. Walk
  - d. Run
  - e. Lift weights
  - f. Other?
2. What is a new kind of exercise you might like to try?

Fruit and Vegetable

1. What is each person's favorite fruit?
2. What is each person's favorite vegetable?
3. Think of one way to incorporate an extra serving of fruit or vegetable in your day.
  - a. Fruit in water
  - b. Zucchini muffins
  - c. Fruit for dessert
  - d. Snack on carrots and hummus

#### Hydration

1. How much water do you think you drink every day?
2. Do you drink anything other than water?
3. If you don't like to drink water, what can you do to stay hydrated?
  - a. Add fruit
  - b. Water down flavored beverages like low sugar/calorie sports drinks or juice
  - c. Add ice
  - d. Eat hydrating fruit like watermelon

## Week 2: Exercise - Strength

Strength is the ability of your body to do work.

Strength gives you the ability to jump higher, throw farther, and sprint faster.

Show the images on **page 8** of FIT 5 and discuss the different ways to gain strength.

- 1) Body Weight
- 2) Dumbbells
- 3) Barbells
- 4) Machines
- 5) Medicine Balls
- 6) Exercise Bands

Strength is part of the exercise goal in the FIT 5 tracking form. Athletes need to get at least 5 days a week of exercise. Strength exercises are a way to accomplish this goal.

Perform the following strength exercises with the athletes.

- 1) Straight Leg Raises (**page 9** of FIT 5 Guide)
- 2) Push-ups on the Wall (**page 10** of FIT 5 Guide)
- 3) Curl Ups (**page 11** of FIT 5 Guide)

Introduce athletes to the FIT 5-Strength Fitness Cards:

- 1) Hand out a set of cards to each athlete
- 2) There are three different levels of exercises, go over proper technique using the FIT 5 Fitness Cards.
- 3) Have athletes share if each exercise is “too easy” or “too hard.”

This is a good time to review the athlete’s trackers from the previous lesson. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

In addition to the exercises in the guide, ask each athlete to pick an additional strength exercise. They can choose to repeat an exercise that has already been done or something new. Have examples ready for the athletes to choose from by separating all the strength cards and allowing the athletes to choose from the pile. For additional exercises, print out pictures of additional exercises to increase the variety of choices. If you have access to equipment like bands, weights, medicine balls, etc., show the athletes how to use them and build it into the workout.

### **Week 3: Nutrition - Why Fruits and Vegetables**

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

Eating fruits and vegetables is part of the trackable goals of the FIT 5 program. Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!

Keeping track and having a plan for when you eat your fruits and vegetables can be helpful in reaching your goals. Show the athletes the daily guide for how to eat a well-balanced meal on **page 26**:

Breakfast: add a banana or apple to your breakfast meal (1<sup>st</sup> serving)

Lunch: add a vegetable medley, a side salad, or vegetable soup (2<sup>nd</sup> and 3<sup>rd</sup> serving)

Snack: eat a small handful of your favorite fruit- i.e. grapes, strawberries, orange slices (4<sup>th</sup> serving)

Dinner: prepare a side of carrots, broccoli or cauliflower to compliment your protein (5<sup>th</sup> serving)

Tip: Try using fruit to sweeten a green smoothie! Sweeter fruits such as pineapples, raspberries, or mangoes add a healthy sweetness to dark, leafy greens such as spinach, kale, or swiss chard.

Now is a good time to review the athlete's trackers from the previous lessons. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

#### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

Taste Test! Make a Smoothie! See recipe chart on next page.

# Build Your Own Smoothie

## Pick your fruits:

- Bananas
- Raspberries
- Pears
- Apricots
- Apples
- Oranges
- Cherries
- Plums
- Strawberries
- Pineapple
- Kiwi
- Cantaloupe
- Blueberries
- Mango
- Watermelon
- Melon
- Blackberries
- Peaches
- Grapefruit
- Grapes

## Kick up the nutrition:

- Spinach
- Avocados
- Celery
- Swiss Chard
- Kale
- Carrots
- Cucumber
- Bok Choy

## Add a base:

- Lowfat Milk
- Almond Milk
- Rice Milk
- Coconut Milk
- Water
- 100% Juice
- Lowfat Yogurt
- Coconut Water

## Throw in some add-ins (optional):

- Peanut Butter
- Chia Seeds
- Oatmeal
- Agave Nectar
- Nut Butter
- Walnuts
- Vanilla Extract
- Cinnamon
- Flax Seed
- Almonds
- Honey
- Ginger

Place all ingredients in blender,  
blend & enjoy!

Visit [produceforkids.com](http://produceforkids.com) for more smoothie recipes.



## **Week 4: Water - How Much Water to Drink**

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.

Drinking water is part of the trackable goals of the FIT 5 program. The goal is to drink 5 bottles of water per day. Each bottle should be 16-20oz.

Keeping track and having a plan for when you drink water can be helpful in reaching your goals. Show the athletes the daily guide for how much water to drink on **page 30**:

- Breakfast: aim to have at least half a bottle of water with breakfast
- Lunch: aim to have at least half a bottle of water with lunch
- Dinner: aim to have at least half a bottle of water with dinner
- Snack: aim to have at least half a bottle of water with snack
- Workout: aim to have 1 full bottle of water before your workout, 1 full bottle of water during your workout, and 1 full bottle of water after working out.

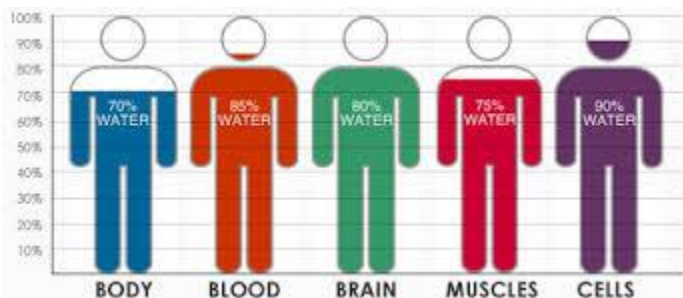
Tip: Try adding fruit into your water to mix things up and make it tastier. Lemons, limes, oranges, and strawberries are all good options.

Now is a good time to review the athlete's trackers from the previous lessons. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

Using sidewalk chalk, trace 1-5 of the athletes on a safe side walk, parking lot or asphalt area. Have them color in the percentage of water according to the image below for each part of the body.



## **Week 5: Exercise - 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. Your muscles, heart and bones all benefit from endurance training.

Show the images on **page 4** of the FIT 5 Guide and discuss the different ways to gain endurance:

- 1) Running
- 2) Biking
- 3) Dancing
- 4) Brisk Walking
- 5) Aerobics Classes
- 6) Swimming

The FIT 5 tracking form requires athletes to get 5 days a week of endurance exercise, there are many ways to accomplish this goal.

Perform the following endurance exercises with the athletes:

- 1) Jumping Jacks (**page 5** of FIT 5 Guide)
- 2) Quick Punches (**page 6** of FIT 5 Guide)
- 3) March and Arm Swings (**page 7** of FIT 5 Guide)

Introduce athletes to the Fit 5-Endurance Fitness Cards

- 1) Hand out a set of cards to each athlete;
- 2) There are three different levels of exercises. Go over proper technique using the FIT 5 Fitness Cards;
- 3) Have athletes share if each exercise is “too easy” or “too hard”

This is a good time to review the athlete’s trackers from the previous lesson. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

Uno Fitness- Grab a set of Uno cards and have each athlete pick a card. Do each card for a pre-determined time based on time for activity and number of athletes (between 10-30 seconds).

Red cards-run in place

Green cards-show off your best dance moves

Blue cards-jumping jacks

Action/Wild Cards-Athletes Choice!

Yellow-cards quick punches

## **Week 6: Nutrition - Protein and Carbohydrates**

A healthy diet is important to your health and your sports performance. Eating lean proteins and carbohydrates is part of the trackable goals of the FIT 5 program.

Protein is important for repairing, preserving, and developing body tissue. Protein also plays an important part in providing energy and muscle preservation for the athlete.

Grains provide carbohydrates, which are the body's main source of fuel during exercise.

Keeping track and having a plan for eating your protein and grains/carbohydrates can be helpful in reaching your goals.

Show the athletes the daily guide for how to eat a well-balanced meal on **page 26**.

Here is a list of lean proteins:

- Seafood: salmon, shrimp, tilapia etc.
- Chicken
- Milk, cheese, and yogurt
- Eggs
- Beans
- Pork tenderloin
- Lean beef

Here is a list of foods that contains carbohydrates:

- Whole wheat bread
- Brown rice
- Sweet potato/regular potato
- Whole wheat pasta
- Cereals
- Crackers
- Dried beans/peas

Now is a good time to review the athlete's trackers from the previous lessons. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

**Taste Test:** As a group make a three beans salad, and discuss that it has both protein and carbohydrates.

**Recipe:** In a bowl, gently mix garbanzo beans, kidney beans, green beans, green onions, and celery. Add salt, pepper to taste.

## **Week 7: Water - What is Dehydration?**

Dehydration is when your body has lost too much water and cannot work as well. This can happen when you sweat, go to the bathroom, exercise, and breathe without drinking enough water to replace what you lost.

Show the checklist on **page 28**, and go over how you might know you are dehydrated:

- Feel thirsty
- Are tired or sluggish
- Have a headache
- Your mouth is dry or
- Your urine is dark yellow or brown

Go over the red, yellow, and green light system of choosing healthy drinks on **page 29**.

Red: These drinks should be avoided. (Soda, energy drinks, sports drinks)

Yellow: These drinks should be consumed in small amounts. (Milk and juice)

Green: This drink can be had as much as possible! (Water)

Review the athlete's trackers from the previous lessons, and keep track of goals on the FIT 5 roster.

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

Give the athletes bone-dry sponges and let them try to clean with them (a table, desk chair). The sponges will not work very well without water--and neither do our bodies. Next, completely saturate the sponges and have the athletes try again. The hydrated sponges work great--just like our hydrated bodies. However, the sponges will lose water over time and not work as well. This is similar to how our bodies sweat and lose water as we work. For sponges and our bodies to function best again, water has to be replaced.

Then have the athletes scatter seeds on a dry sponge and scatter seeds on a wet sponge, sitting in a small plate to which water can be added. When the seeds sprout a better connection will be made to water being necessary to "life" and connected to the previous descriptions about how our body works with water.

## **Week 8: Exercise - Flexibility and Balance**

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!

Show the images on **page 12** of the FIT 5 Guide and discuss the different ways to gain flexibility.

- 1) Yoga
- 2) Static Stretching
- 3) Dynamic Stretching

Flexibility is part of the exercise goal in the FIT 5 tracking form. Athletes need to incorporate stretching 2-3 days a week to accomplish the flexibility goal.

Perform the following flexibility exercises with the athletes:

- 1) Calf Stretch (**page 13** of FIT 5 Guide)
- 2) Child's Pose (**page 13** of FIT 5 Guide)
- 3) Knee to Chest (**page 13** of FIT 5 Guide)

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 avoid falls.

Show the images on **page 14** of the FIT 5 Guide and discuss the different ways to gain balance.

- 1) Yoga
- 2) Static Balance
- 3) Dynamic Balance

Balance is part of the exercise goal in the FIT 5 tracking form. Athletes need to incorporate 2-3 days a week of balance exercises to accomplish the FIT 5 goal.

Perform the following endurance exercises with the athletes.

- 1) Single Leg Stance (**page 15** of the FIT 5 Guide)
- 2) Leg Swings (**page 16** of the FIT 5 Guide)
- 3) Walking On a Line (**page 17** of the FIT 5 Guide)

Introduce athletes to the FIT 5-Endurance Fitness Cards

- 1) Hand out a set of cards to each athlete
- 2) There are three different levels of exercises. Go over proper technique using the FIT 5 Fitness Cards.
- 3) Have athletes share if each exercise is "too easy" or "too hard."

This is a good time to review the athlete's trackers from the previous lesson. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

**Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

Have a balancing contest! Start by having all athletes balance on one foot, after a minute anyone who is still standing should close their eyes. If they are still standing, have them go up on their tip toes. Whoever wins is the judge for the next round! You can also do this with specific yoga poses or by adding balance challenges with higher or unsteady surfaces as long as safety is closely monitored.

## **Week9: Nutrition - MyPlate**

MyPlate is the current nutrition guide published by the United States Department of Agriculture to help you visualize what a healthy plate should look like. It is a plate that shows the five food groups and a glass of milk.

MyPlate includes these five foods:

- Fruits
- Vegetables
- Grains
- Protein
- Dairy

Keeping track and using MyPlate as a guideline can be helpful in reaching your nutrition goals. Show the athletes MyPlate on [page 21](#).

Try some of these options:

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Keep your food safe to eat –learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov)
- Check out-[www.choosemyplate.gov](http://www.choosemyplate.gov)

Tip: Always remember to make half of your plate fruits & vegetables. Any fruit or 100% fruit juice counts as part of the fruit group. Fruits and vegetables may be fresh, canned, frozen, or dried.

Now is a good time to review the athlete's trackers from the previous lessons. Coaches/Health Leaders will keep track of goals on the FIT 5 roster.

### **Expansion Activities:**

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Print a My plate picture for each athlete. Using either printed pictures or magazine cut out pictures, have the athletes create a healthy balanced meal. An additional option is for the athletes to make their own My Plates using paper plates and instruct them to draw the appropriately proportioned sections on their plate. They can then add the pictures of food to their plate.

## **Week 10: Awards**

This is the final week of the program.

Hand out the Healthy Lifestyle Survey to each of the athletes. It may be helpful to complete the survey together as a group, or have Coaches/Health Leaders work one-on-one with the athletes to answer each question.

The “Valuable Award” should be given out to athletes who completed at least 5 weeks of the FIT 5 program. Special awards for “Most FIT Player” can be given to all of the athletes who completed all 10 weeks of the FIT 5 program or to the athlete who completed the most weeks.

The completed Healthy Lifestyle Surveys should be collected and submitted to Special Olympics Florida.

The Yearly Exercise, Nutrition, and Hydration Tracking chart on [page 32](#) can be provided to the athletes to continue tracking their FIT 5 goals after the program.

Congratulations, you did it!

### **Expansion Activities:**

\*Exercise cards can always be used to expand activities and exercise, advance through cards over the course of 10 weeks. You can start out with a low number of sets and repetitions with each exercise and add on as the athletes get stronger. Encourage the athletes to do the exercises at home throughout the week.\*

The final week is a week for celebration! Have a HEALTHY party, hand out awards, take pictures put on music and dance! Celebrate each and every athletes accomplishments!