

Pick-Me-Up Training Guide



*Stay healthy, connected and positive
while having FUN!*

Special Olympics
New Hampshire



Special Olympics New Hampshire Pick-Me-Up Training Plan

How to Use This Guide

We all can use a pick me up every now and again. As Special Olympics athletes, we know the strength, courage and commitment it takes to be healthy and train for our sport ... even when we may not want to. We know the meaning of teamwork, whether it's in an individual sport or a team sport.

We have shown, time and time again, that the Special Olympics oath *"Let Me Win. But if I cannot win, let me be brave in the attempt,"* is not just a saying; it is a way of life. Now more than ever, **LET'S BE BRAVE IN THE ATTEMPT.**

This training guide is set up to be a continuation of year-round sports training and competition. The training is to keep our minds and bodies

healthy, positive and ready for participation in our sport. The preparation for sport is key.

The competition can be on the playing fields or with ourselves, with our coaches and teammates, and with friends and family that we can reach out to through a call, text, email and/or other forms of social media.

Look through the entire guide, and you will see different options to choose from. Start with one day at a time. Try some of the activities. Work at YOUR pace and remember to challenge yourself. Athletes work hard to improve their skills and their fitness. Take it to the limit and set goals for yourself each day and for the long term.

Now to begin.

1. **On your mark!** ... This is the **Warm Up**.
 - Read through the packet.
2. **Get set!** ... In this **Training** phase, you will set your own pace and challenge yourself.
 - In the beginning, you may want to choose only one of the core goals to focus on that day.
 - As you progress, you may want to choose one activity from each core goal to do 3 out of 5 days.
 - As you improve, you will be prepared to choose multiple activities for each core goal and complete them at least 5 of 7 days.
3. **Go!** ... This is the **Competition** phase, applying what you have done.
 - Connect with others and share your progress and success with a call, text, email, or social media.
 - Use the Tracking Charts on pages 10 and 11 in the guide to show your success as well as motivate yourself to keep at it.
4. **Awards Ceremony** ... is the **Cool Down**.
 - How did you do? Recognize and feel good about your efforts; share it with someone.

Core Goals

We are using the **Fit 5 Program** to help us train and compete, expanding our fitness and healthy living at home, so that we will be even more prepared when we go back to our formal practices and our next event.

The Fit 5 Program consists of four core goals.

1. *EXERCISE* is the movement and physical activity portion of the program.
2. *NUTRITION* refers to your choices of food from meats and beans to fruits to vegetables to grains and dairy.
3. *HYDRATION* is water; we need to drink a lot of water throughout the day to fuel our bodies and provide maximum efforts.
4. *PICK-ME-UP* or *WELLNESS* is about positive thinking, staying connected, sharing and journaling or writing! Writing what we are thinking and feeling is just as important being physically active.

After each core goal, there is a sample plan for achieving each of them. Check the Special Olympics New Hampshire webpage (www.sonh.org) regularly for new ideas, tips and activities.

Tracking

You will be able to record taking part in what you do on two Tracking Charts. The first is a Weekly Exercise, Nutrition, Hydration, and Pick-Me-Up Chart. Copy it so that you will have a fresh chart each week. Post it on your refrigerator, recognizing your efforts and sharing them with your family.

The year can be broken down into seasons, just like your sport-specific seasons. You will copy this Season Exercise, Nutrition, Hydration, and Pick-Me-Up Chart, record your weekly efforts and see your improvement over 12 weeks. Post it; be proud of your efforts and accomplishments.

Let us know what and how you are doing. Leave a message for Nicolle Egan at (603) 624-1250 ext. 42 when you reach the Fit 5 goals of exercising 5 days a week; eating 5 total fruits/vegetables per day; drinking 64 oz. of water a day; doing a pick-me-up activity 5 days a week. You will receive a special certificate.

Support

- If you have any questions or need copies of any of the materials, please contact Nicolle Egan at NicolleE@sonh.org or (603) 624-1250 ext. 42.
- Support will come from your coaches, potential mentors, and/or parents or extended family members.
- Additional support and information about Training Tuesdays will come via the SONH website (www.sonh.org).

Remember: we are expanding our fitness and healthy living at home so that we will be even more prepared when we go back to our formal practices and our next event.

On Your Mark; Get Set; Go! ... **GET STARTED TODAY!**

The Fit 5 Program



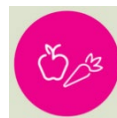
Athletes want to perform their best at every competition. You can do this by being fit. Fit 5 is a plan for **physical activity, nutrition, hydration and wellness**. It can improve your health and fitness to make you the best athlete you can be ... inside and outside the competitive arena.

Goals of Fit 5

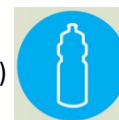
Exercise – Exercise 5 days a week



Nutrition – Eat 5 total fruits and vegetables per day



Water – Drink 64 oz of water per day (approximately 5, 12 oz water bottles)





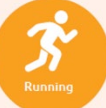







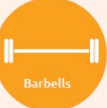











Pick-Me-Up (Wellness) – Write in your journal or add an act of kindness 5 days a week



Exercise and Types of Exercises

You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active even for those who cannot walk. Certain exercises can help you improve the skills needed for your sport. Your goal with Fit 5 is to participate at least 5 days!

| | | | |
|---|--|---|--|
|  <p>ENDURANCE</p> <p>Endurance includes running, brisk walking, biking, aerobic activities, exercise classes, dancing, stairs, jumping rope, quick punches, etc.</p> <p>30 minutes / 2-3 days</p> |  <p>STRENGTH</p> <p>Strength includes using body weight like pushups and situps, machines, weighted objects like cans of soup, exercise bands, etc.</p> <p>2-3 days a week</p> |  <p>FLEXIBILITY</p> <p>Flexibility includes yoga, static stretching (hold for 30 sec.), dynamic stretching like arm circles, calf stretch, sitting on floor chest to legs, lying on floor knees to chest, arm/shoulder stretch etc.</p> <p>2-3 days a week</p> |  <p>BALANCE</p> <p>Balance includes yoga, static balance (holding pose 3 sets 30 sec.), dynamic balance like standing on 1 leg and add 10 swings each leg; walk 20 steps on a line, etc.</p> <p>2-3 days a week</p> |
|  Running  Biking  Dancing  Brisk Walking  Aerobics Classes  Swimming |  Body Weight  Dumbbells  Barbells  Machines  Medicine Balls  Exercise Bands |  Yoga  Static Stretching  Dynamic Stretching <p>Note: Dynamic stretching should be done as part of your warm up. Static stretching should be done as part of a cool down.</p> |  Yoga  Static Balance  Dynamic Balance |

Reach Your Fit 5 Exercise Goal



It's easy to do 5 days of exercise in one week. Follow the sample exercise plan; see how easy it is to reach your goal. Refer to the previous page for other suggested activities or choose own.

| Day | Exercise | Activity | BEGIN | INT | ADV |
|------------------|-------------|--|------------|-----------|-----------|
| Monday | Endurance | Walk - Take a walk with housemate. | 5-10 min | 10-15 min | 15-30 min |
| | Strength | Wall Pushups (1-5) | 1-3 sets | 3-5 sets | 5-8 sets |
| | Flexibility | Sky Grab - Sit up, straight back, reach your right arm to the sky. Count to 3 and lower; now left arm | 3 x each | 5 x each | 10 x each |
| | Balance | Tight Rope - Walk a straight line, one foot directly in front of the other. 5-10 steps. Use wall for support - go at your pace; rest when needed. | 1-3 sets | 3-5 sets | 5-10 sets |
| Tuesday | Endurance | Dance Party - Choose 3 of your favorite songs. Dance in your living room or bedroom. | 1-3 songs | 3-5 songs | 5-7 songs |
| | Strength | Prize Fighter - Perform quick punches (5-10 punches alternating each arm); rest between each set. | 1-3 sets | 3-5 sets | 5-10 sets |
| | Flexibility | Arm Circles - Stretch arms/shoulders doing big arm circles forward/backward (3-5 each direction). | 1-3 sets | 3-5 sets | 5-10 sets |
| | Balance | The Flamingo - Stand on 1 leg (use chair or wall for support); swing other leg forward then backward (5 times each leg). | 1-3 sets | 3-5 sets | 5-10 sets |
| Wednesday | | Day Off - Do at least 1 Pick-Me-Up Activity | | | |
| Thursday | Endurance | Walk - Take a walk with housemate. | 5 - 10 min | 10-15 min | 15-30 min |
| | Strength | The Squat - Sit tall on the middle to edge of a hard-surfaced chair. Feet flat naturally spaced on floor, comfortably wider than the chair legs; slightly lean forward, arms straight out, stand up, pause slowly return to sitting. (Ask for help or face a wall for support.) | 1-5 times | 5-8 times | 7-9 times |
| | Flexibility | Ankle Circles - Sit tall on chair, feet flat on ground. Extend the left leg and rotate ankle 5 times each way; switch legs. | 1-3 sets | 3-5 sets | 5-10 sets |
| | Balance | Tight Rope - Walk a straight line, one foot directly in front of the other. 5-10 steps. Use wall for support - go at your pace; rest when needed. | 1-3 sets | 3-5 sets | 5-10 sets |
| Friday | | Day Off - Do at least 1 Pick-Me-Up Activity | | | |
| Saturday | Endurance | Marching Band - Sit tall on hard surfaced chair, feet flat on ground. Lift your left knee as high as you can. Lower your leg; now do it with your right. | 1-3 sets | 3-5 sets | 5-10 sets |
| | Strength | Prize Fighter - Perform quick punches (5-10 punches alternating each arm). | 1-3 sets | 3-5 sets | 5-10 sets |
| | Flexibility | Arm Circles - Stretch arms/shoulders doing big arm circles forward/backward (5 each direction). | 1-3 sets | 3-5 sets | 5-10 sets |
| | Balance | Tight Rope - Walk a straight line, one foot directly in front of the other. 5-10 steps. Use wall for support - go at your pace; rest when needed. | 1-3 sets | 3-5 sets | 5-10 sets |
| Sunday | Endurance | Dance Party - Choose 3 of your favorite songs. Dance in your living room or bedroom. | 1-3 songs | 3-5 songs | 5-7 songs |
| | Strength | Wall Pushups (1-5) | 1-3 sets | 3-5 sets | 5-8 sets |
| | Flexibility | Sky Grab - Sit up, straight back, reach your right arm to the sky. Count to 3 and lower; now left arm. | 3 x each | 5 x each | 10 x each |
| | Balance | The Flamingo - Stand on 1 leg (use chair or wall for support); swing other leg forward then backward (5 times each leg). | 1-3 sets | 3-5 sets | 5-10 sets |

Aim for 15 reps and three sets per exercise. Challenge yourself to increase your time and sets every 2 weeks, depending on your improved fitness level.



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

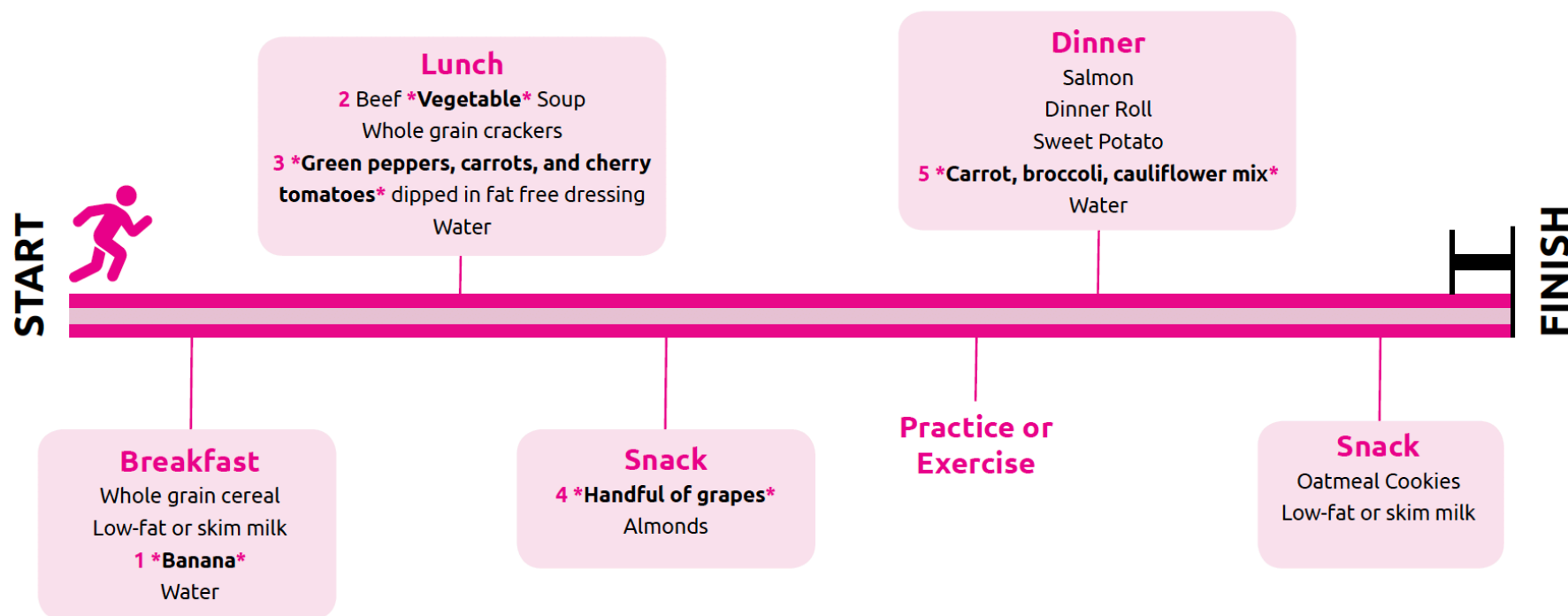
- Fresh: Asparagus Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Lettuces and Dark Leafy Greens
- Frozen Vegetables
- Salads
- Canned Vegetables



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.



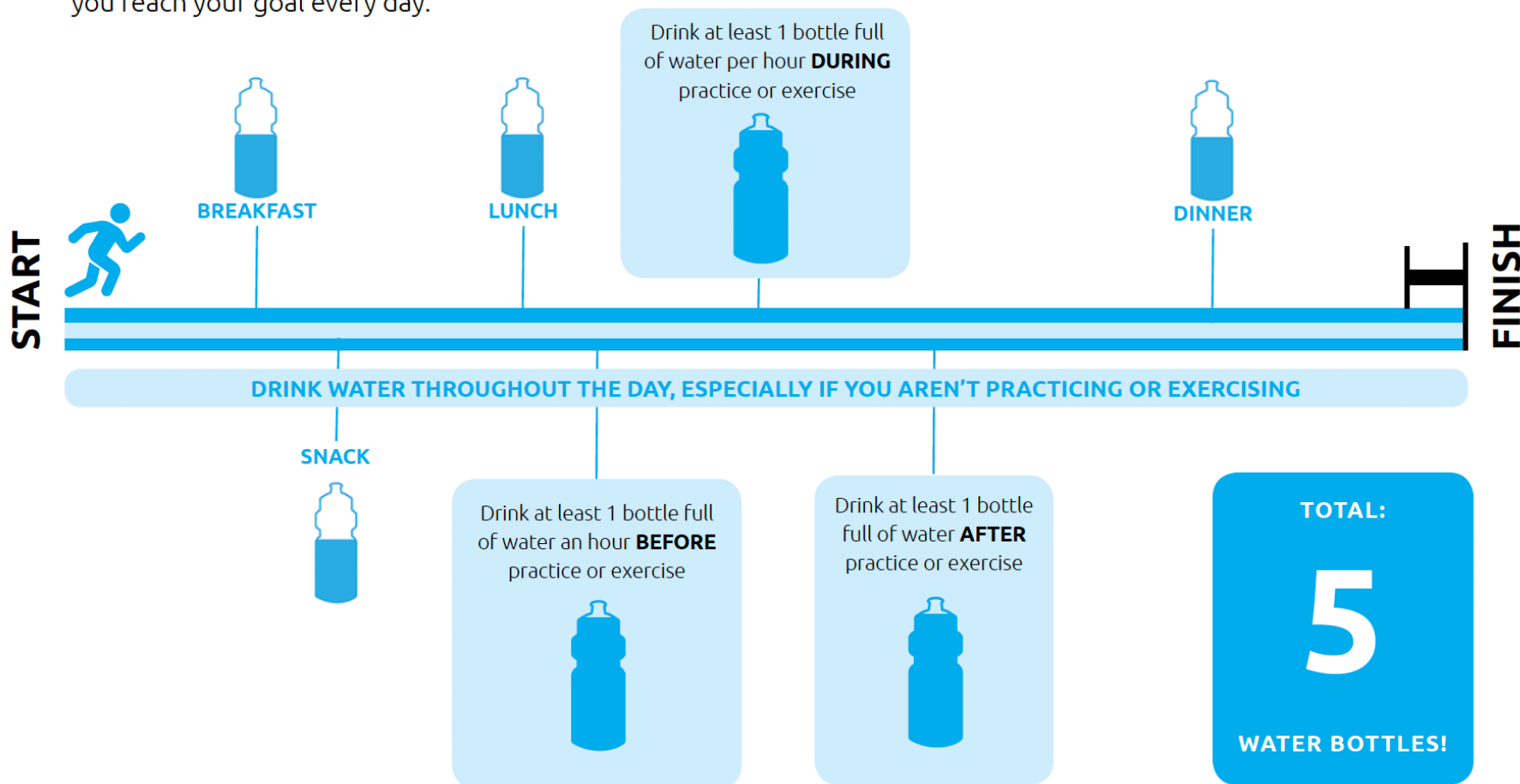
With healthy meals and snacks, it's easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.



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.



Reach Your Pick-Me-Up Goal



The fourth goal of the SONH Pick-Me-Up Training Plan is Pick-Me-Up or Wellness ... the journaling and acts of kindness activities. One of the values of journaling is that it **Reduces Stress**. A lot of stress can be damaging to your physical, mental, and emotional health. Journaling, a form of writing, is an incredible stress management tool, a good-for-you habit that lessens the impact of physical, mental or emotional stressors on your health. You may want to journal/write pre-bedtime to help you unwind and de-stress from the day.

Here are a few questions to start your journaling. Feel free to focus on one question or statement a day. Take a moment to create your own journal or notebook.

1. Today, I feel great because ...
2. One thing that is bothering me is ...
3. I am grateful for the following because ...

Along with journaling is choosing an act of kindness activity. One value to these activities is that they **Boost Mood** by giving you a greater sense of overall emotional well-being and happiness. This is a time when we need more sunshine in our lives. One example is calling a friend that you haven't talked with in a while; it will pick both of you up. Acts of kindness activities can include, but are not limited to, standing up and saying, "Today, I will have a good day!", volunteering to do your brother's chores; baking cookies or brownies for the family. Choose at least one for yourself and one for someone else.

1. The pick-me-up activity that I choose today is ...
After I did it, it made me feel good because ...
2. The pick-me-up activity that I choose today is ...
After I did it, it made me feel good because ...
3. The pick-me-up activity that I choose today is ...
After I did it, it made me feel good because ...

TOTAL:

5








PICK-ME-UPS

Commit to doing one pick-me-up activity (journaling and/or act of kindness) 15 to 20 minutes a day three to five times a week to make a difference.



Weekly Exercise, Nutrition, Hydration and Pick-Me-Up Tracking

Athlete name: _____

| Week (Dates): | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Exercise Check box if you exercised for 30 minutes today! Enter total number of minutes of physical activity each day. | <input type="checkbox"/> <hr/> Minutes | <input type="checkbox"/> <hr/> Minutes | <input type="checkbox"/> <hr/> Minutes | <input type="checkbox"/> <hr/> Minutes | <input type="checkbox"/> <hr/> Minutes | <input type="checkbox"/> <hr/> Minutes | <input type="checkbox"/> <hr/> Minutes |
| Nutrition Color in how many fruits you ate today. Color in how many vegetables you ate today. | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ |
| Water Color in how many glasses of water (8 oz) you drank today. | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ |
| Pick-Me-Up Color in if you wrote in your journal or added an act of kindness to your day. | ○  | ○  | ○  | ○  | ○  | ○  | ○  |

Instructions

Please print an original, copy this sheet each week on cardstock if possible, fill it out each day, post it on your refrigerator and copy it for your coach.
Be sure to include the minutes of sport-specific practices or any other strenuous activity in your minutes of Exercise / physical activity.

Fill in the star under the particular goal if you accomplished

Exercise: 5 days of at least 30 minutes of physical activity

Nutrition: 5 days of eating at least 5 fruits and/or vegetables

Water: 5 days of drinking at least 64 oz. of water

Pick-Me-Up: 5 days of writing in your journal or adding an act of kindness

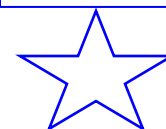
Exercise



Nutrition



Water



Pick-Me-Up



















Season Exercise, Nutrition, Hydration and Pick-Me-Up Tracking

Athlete name: _____

















Use this tracking sheet to help you track your Fit 5 goals during a season. Print on cardstock if possible. Post it on your refrigerator for all to see.

Fill in the **red** star if you exercised 5 days this week. Fill in the **green** star if you ate at least 5 total fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 64 oz (approximately 5 12 oz. bottles) of water each day that week. Fill in the **purple** star if you wrote in your journal or added an act of kindness at least 5 days that week.

















Month:

| Week: | 1 | 2 | 3 | 4 |
|------------|---|---|---|---|
| Exercise |  |  |  |  |
| Nutrition |  |  |  |  |
| Water |  |  |  |  |
| Pick-Me-Up |  |  |  |  |

Month:

| Week | 5 | 6 | 7 | 8 |
|------------|---|---|---|---|
| Exercise |  |  |  |  |
| Nutrition |  |  |  |  |
| Water |  |  |  |  |
| Pick-Me-Up |  |  |  |  |

Month:

| Week: | 9 | 10 | 11 | 12 |
|------------|---|---|---|---|
| Exercise |  |  |  |  |
| Nutrition |  |  |  |  |
| Water |  |  |  |  |
| Pick-Me-Up |  |  |  |  |

Note challenges, solutions and successes during this time:

Websites and Other Information to Connect with Others

Phone call or email their friends, extended family members, other Young Athletes and/or coaches.

Send a note in the mail.

Visit Special Olympics New Hampshire's webpage at www.sonh.org.

Follow us on social media when possible.

- Facebook: <https://www.facebook.com/SpecialOlympicsNH/>
- Twitter: <https://twitter.com/SONewHampshire>
- Instagram: https://www.instagram.com/specialolympics_nh/
- Subscribe to SONH YouTube Channel: <https://www.YouTube.com/User/SpecialOlympicsNH>

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