

# Special Olympics New Hampshire

## HOPE Challenge One and Walk-the-Lakes Guide

### The Program

2021 is the Year of HOPE for Special Olympics New Hampshire. We are kicking off the year with the **HOPE Challenge One**. Please join us as we walk around the Granite State's three largest lakes. Based on feedback from the Granite State Restart, we created the **HOPE Challenge One**. This new, FUN experience combines fitness and sport-related activities along with nutritional, personal, and social activities – all with the purpose of “walking around” the key New Hampshire lakes of approximate miles. **Points equal miles**. Lake Winnepesaukee is a 100-miles loop; Lake Umbagog is a 75-miles loop; Squam Lake is 50 miles of trails. As you can see, each lake represents its own challenge. Sign up, get more active, “walk around” one or more lakes, and still earn prizes for your efforts!

#### Participation in the 2021 Year of HOPE Challenge One

- Register by emailing Jessica Marchant at JessicaM@sonh.org or, if you don't have a computer, iPad or smart phone, by calling her at (603) 305-8130.
- Participate in activities alone or with a friend or family member in your “bubble”! If you sign up with a friend, they need to sign up, participate, count their activities each week, and submit their points as well.

#### Activities

This Guide includes samples of nutritional, personal and social activities along with physical activities. Some physical activities are general, others are sport related (Basketball; Alpine Skiing and Snowboarding; Snowshoeing and Cross Country Skiing). Many of the activities can be done or modified for individuals who need it.

You can choose what to do in one or more activity areas or sports. You are not restricted to any one area or sport. You can mix and match based on your interests. Then tally the results on the **HOPE Challenge One Participant Summary Tracking Form**. The running total can be compared with the distances around the lakes.

#### Prizes

Earn one (1) point for each activity you do. Each point equals one (1) mile. Samples of activities follow. Participate in as many activities on as many days as you wish. Points add up. Just as you “climbed” a mountain, “walk around” one or more lakes.

You will receive each of the following prizes after you reach the specific point goals.

- 100 points earn you a **certificate**. *(You would have walked around Lake Winnepesaukee.)*
- 150 points earn you a **journal or ribbon**. *(You would have walked around Winnepesaukee and Squam Lakes.)*
- 200 points earn you a **key chain**. *(You are almost around all three lakes.)*
- 250 points earn you a special **HOPE Challenge One shirt or Carhartt beanie**. *(You would have walked around all three lakes and more.)*

Remember, choose any number of activities to do each day, any number of days each week. Record your activities and points each week on the **HOPE Challenge One Participant Summary Tracking Form**. *Note: The number of personal or social activities cannot be more than the physical and nutritional activities.*

#### Communication

Each week or two, communicate your activities and points to Jessica Marchant by emailing her at JessicaM@sonh.org or, if you don't have a computer, iPad or smart phone, by calling her at (603) 305-8130. Keep up to date so that you can receive the prizes in a timely manner. Please let us know your total points earned **no later than May 17**.

#### Start Date

The start of **HOPE Challenge One** is **the week of February 15** with activities for at least 13 weeks to accomplish your goals and earn your points. See how many points you have earned during this time and count how many personal bests you have achieved! Continue to “rack up the points/miles” and earn the next prize.

There is HOPE ... Sign up for the **HOPE Challenge One** today and get started!



# Sample of Nutritional, Personal and Social Activities



Choose or create your own. Earn one (1) point for each activity you do. Each point equals one (1) mile. Many of the activities can be done or modified for individuals who need it. **Please record your activities and points on the HOPE Challenge One Participant Summary Tracking Form.**

## Nutritional Activities

*Activities that are related to food and beverages that are healthy and improve your health or unhealthy that you remove for the day.*

- Drink 8 glasses of water in a day.
- Eat 5 fruits and vegetables in a day.
- Eat 3 proteins in a day.
- Pick a nutrition or health-related activity.
- Eat healthy snacks.
- Create a healthy food recipe.
- Cut out sodas for the day (this includes diet as well as regular).
- Cut out "junk food" for the day.
- Create "Nutrition Jeopardy" of 5 questions.
- Go on a scavenger hunt and remove items in the refrigerator that have expired dates.
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Personal Activities

*Activities that are for you – helping yourself; created for you and by you.*

- Play a musical instrument.
- Read a chapter in a book.
- Crafting / create a yarn bracelet.
- Create a necklace.
- Learn 5 words in another language.
- Create a poem.
- Meditate.
- Learn sign language.
- Write about your day and your feelings.
- Sing your favorite song.
- Draw a cartoon.
- Create your own emoji.
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Social Activities

*Activities that are for others – helping someone else; doing for others.*

- Do chores for a family member.
- Vacuum house; take out garbage; recycle.
- Stack firewood.
- Clean the fireplace.
- Sweep the floor.
- Help neighbors with groceries.
- Make beds for others.
- Pick up trash when out for a walk.
- Learn how to cook or bake.
- Walk the dog.
- Call or connect with a friend.
- Shovel the driveway and walk.
- Carry in and put away groceries.
- Other \_\_\_\_\_
- Other \_\_\_\_\_



# Sample of Physical Activities

Choose or create your own. Earn one (1) point for each activity you do. Each point equals one (1) mile. Many of the activities can be done or modified for individuals who need them. **Please record your activities and points on the HOPE Challenge One Participant Summary Tracking Form.**

## Aerobic

*Activities that lead to endurance, being able to do an activity longer. Add 1 point for every 10 minutes of an activity below.*

- \_\_\_ March in place for 10 minutes.
- \_\_\_ Walk up and down stairs for 10 minutes.
- \_\_\_ Walk, jog, or roll in a wheelchair for 10 minutes.
- \_\_\_ Do jumping jacks for 10 minutes. If cannot jump, do the arm/hands clap overhead and at sides only.
- \_\_\_ Skip, then hop forward-and-back, and jump side-to-side for 10 minutes. Do 2 minutes of each and rotate.
- \_\_\_ Jump rope for 10 minutes.
- \_\_\_ Walk, jog, or roll in a wheelchair for 10 minutes.
- \_\_\_ Walk, jog, or roll in a wheelchair for an additional 10 minutes. It counts as another activity.
- \_\_\_ Walk, jog, or roll in a wheelchair for an additional 10 minutes. It counts as another activity and so on.
- \_\_\_ Other \_\_\_\_\_
- \_\_\_ Other \_\_\_\_\_

## Balance and Coordination

*Activities that assist an individual to focus, prevent falling and stay stable.*

- \_\_\_ Put one foot directly in front of the other with the heel touching the toe. Hold stance for 30-45 seconds. Repeat with other foot directly in front. Add closing eyes to make more challenging.
- \_\_\_ Time how long you can stand on one foot then the other foot. Add closing your eyes to make harder.
- \_\_\_ Take stance with feet shoulder-width apart. While facing forward, step to left; lift your right leg to side; have arms out at sides for balance; hold position. (Work up to holding for 60 seconds.) Repeat right.
- \_\_\_ Face back of chair and hold onto it. With head up and tummy tucked in, lift left leg to side and return to place. Continue lifting and returning leg to place 8-10 times. Repeat with other leg moving.
- \_\_\_ While still facing chair, keep legs straight and push off toes to raise body. Hold "up" position for 45-60 seconds. Repeat 10 times. Use one hand if needed. Close eyes to make more difficult.
- \_\_\_ Take stance to and hold side of chair with left hand. Lean forward and lift right leg behind so that it is parallel with the floor. Right leg, chest and head are in a straight line. Hold for 45-60 seconds. Repeat with other leg behind. Close eyes to make harder. Trying not to hold onto chair makes it even harder.
- \_\_\_ Catch-a-Ball: attach a ball to a cup. Then toss the ball up and try to catch it in the cup. Count how many can you catch in 1 minute?
- \_\_\_ Other \_\_\_\_\_
- \_\_\_ Other \_\_\_\_\_

## Strength

*Activities that improve how strong a particular body part is. Count how many you can do in 1 minute.*

- \_\_\_ Wall sit – sit with back against wall, legs parallel (even) with floor.; arms across chest.
- \_\_\_ Push-ups from your knees; from your toes with body straight.
- \_\_\_ Plank (time how long you can hold the push-up position with arms straight).
- \_\_\_ Ball squeeze with your fingers; both hands (can use tennis ball, foam ball, or anything squishy).
- \_\_\_ Bicep curls – elbows at side and even with ground; holding a soup can in each hand and lifting the can up.
- \_\_\_ Tricep extensions – hold can in front of body with right hand; use left hand to lift right elbow to shoulder height in "L" position; straighten right arm and return to shoulder; repeat; do same with the other arm.
- \_\_\_ Hold body in half sit-up position with arms across chest and knees bent (try holding position up to 1 min).
- \_\_\_ Do half squats with both legs in front of chair; only go down to just above (not touching) the chair.
- \_\_\_ Do half squats with one leg in front of chair; only go down to just above the chair; repeat with other leg.
- \_\_\_ Other \_\_\_\_\_
- \_\_\_ Other \_\_\_\_\_



# Sample of Sport-Related Activities

## Basketball Activities

Choose or create your own. Earn one (1) point for each activity you do. Each point equals one (1) mile. Many of the activities can be done or modified for individuals who need them. **Please record your activities and points on the HOPE Challenge One Participant Summary Tracking Form.**

### Arm Circles

- Small arm circles (15 forward)
- Small arm circles (15 backward)
- Large arm circles (15 forward)
- Large arm circles (15 backward)

### Footwork (2 minutes; moving 15-30 feet over and back)

- Run forward; back backward
- Defensive sliding (staying low; stepping to side)
- Hopping
- Skipping

### Jumping Jacks (1 minute)

- Do as many jumping jacks as you can

### Dribbling (10 times for each one; add speed; time how long it takes you to do the complete set.)

- Dribbling the ball with one hand.
- Repeat with the other hand.
- Repeat using alternate hands.
- Then add walking with dribbling.

### Dribbling Around Legs

- Dribble around one leg then around the other leg.
- Continue dribbling around each leg for 2 minutes.

### Dribble Five Spots (10 times for each spot); keep head up while dribbling and opposite arm up an out protecting the ball; add speed; time how long it takes you to do the complete set.)

- Dribble the top spot.
- Dribble the front and back spots (front to back to front).
- Dribble side to side.
- Repeat series with other hand.

### Wall Sit (Time how long you can wall sit and dribble.)

- Sit against the wall while dribbling one ball.
- Repeat wall sit dribbling with other hand.

### Sit-ups (Lie on your back with knees bent and arms across chest.)

- Do as many sit-ups as you can do in 1 minute.
- Do half sit-up and hold position then dribble one ball with one hand at your side.
- Switch to other hand.
- Repeat half sit-up, hold position then dribble two balls (one in each hand) at your sides.

### Pushups

- Start on floor: Push up so that weight is on hands and knees with body straight; lower to near floor and then push up. Do as many as you can in 1 minute.
- Then push up so that weight is on hands and toes with body straight; lower to near floor and then push up. Do as many as you can in 1 minute.
- Now push up to "plank" position; body is in straight body position; hold for as long as you can.

### Other Activities:

- Other \_\_\_\_\_
- Other \_\_\_\_\_

# Alpine Skiing and Snowboarding Activities



Do as many of each activity as you can; create your own activity and work your way up to repeating it 10 times. Earn one (1) point for each activity you do. Each point equals one (1) mile. Some of the activities can be done or modified for individuals who need them **Please record your activities and points on the HOPE Challenge One Participant Summary Tracking Form.**

**Squats:** Bend down, sticking butt out as you do so.

- \_\_\_ Squat down as far as can go, but no lower than upper leg is parallel to the floor. Repeat 10 times.
- \_\_\_ Add weight using a backpack filled with books. Repeat 10 times.

**Leg Lowers:** Lying on back, put legs up in the air, heels pointing towards the ceiling.

- \_\_\_ Hold on to the left leg and lower the right leg to the ground then lift it back up to the ceiling. Repeat five times.
- \_\_\_ Change and hold the right leg and lower the left leg five times.
- \_\_\_ Repeat without holding the stationary leg.

**Hip Lifts:** Lying on back with knees bent and heels on floor, toes up.

- \_\_\_ Lift hips up toward ceiling. Hold, count to 3 then return to floor. Repeat 10 times.
- \_\_\_ Add marching in place after lifting hips toward ceiling. Repeat 10 times.
- \_\_\_ Do one leg at a time. One heel is on the floor and the other leg is bent (knee towards chest), lifting hips toward ceiling. Do 5 times on each side.

**Plank:** Move to floor on elbows and knees.

- \_\_\_ Push off knees so you are now on elbows and toes. Hold for 20 seconds (do a slow count to 20).
- \_\_\_ From starting plank position on elbows and feet, push up onto hands to a "high plank" position one hand at a time. Now body is straight like in push-up position; weight is on hands and knees feet. Now slowly lower body to floor elbows one hand at a time. Repeat 3 times.

**Single Leg Dead Lift (SLDL):** While standing, feet are shoulder width apart and arms at sides.

- \_\_\_ Lift right leg out in back of body while extending left arm forward. Hold; return both to starting position. (The bend is at the hips.)
- \_\_\_ Repeat with left leg and right arm. Repeat 10 times, doing 5 on each side.
- \_\_\_ Add a weight, using a backpack with books held in the hand that is extending. It will go down towards the ground.

**Alternate High Kicks:** While standing, feet are shoulder width apart and arms at sides.

- \_\_\_ While standing in place, alternately kick right leg in front of body then left leg, keeping the leg straight. Do not bend at the waist to reach the toes. Repeat 5 times with each side.
- \_\_\_ Now do the same motion but while walking down the hall. Repeat down and back.

**Bounding:** While standing, feet are shoulder width apart and arms at sides. Jump and land with knees bent.

- \_\_\_ Lateral bounds: Jump to the right side (right leg), lifting the left leg to the right but not touching the floor. Stop and hold, standing on the right leg. Then jump back to the left leg, lifting the right leg but not touching the floor. Stop and hold. Repeat 10 times, 5 on each side.
- \_\_\_ Forward bounds: Standing on your right leg, jump forward, landing in bent-knee position. Repeat 5 times. Now jump backward landing in bent-knee position. Repeat 5 times. If this is too hard on your knees, just do the Lateral Bounds.

**Running Gates** (competition-like activity): Take 8 or more Dixie cups (half colored red and half colored blue). Put a weight (some rocks or sand) in each of the cups. Create a race course starting with 2 red cups to the right followed by 2 blue cups to the left, followed by 2 red cups to the right, etc. for the length of your course. Now lay a string through the course between the cups.

- \_\_\_ First, walk through the course, going between the gates,
- \_\_\_ Next, run through the course, going between the gates.
- \_\_\_ Then take the string away and run through the course between the gates.
- \_\_\_ Take away the outside cup/gate and run through the course. (We now do our slalom races with only one gate, not going between the gates, you need to know both. Also, if you train with Nastar at their mountains, they use one gate.)

**Other Activities:**

- \_\_\_ Other \_\_\_\_\_
- \_\_\_ Other \_\_\_\_\_





# Cross Country and Snowshoeing Activities

Choose or create your own. Earn one (1) point for each activity you do. Each point equals one (1) mile. Some of the activities can be done or modified for individuals who need them. **Please record your activities and points on the HOPE Challenge One Participant Summary Tracking Form.**

## Stairs

\_\_\_ Go up and down stairs to build leg strength.

## Falling and Getting Up

\_\_\_ Put on skis/snowshoes, fall down and get back up.

\_\_\_ Add use of poles.

## Step-Turns

\_\_\_ Put on skis/snowshoes, step-turn all the way around, fall down and get back up.

\_\_\_ Add side-stepping for 10 feet.

\_\_\_ Add use of poles.

## Walking with Cross Country Skis/Snowshoes

\_\_\_ Walk along a straight line like a balance beam.

## Standing on One Leg

\_\_\_ Count how long you can stand on one leg.

\_\_\_ Repeat with other leg.

## Hopping

\_\_\_ Hop on one leg 2 -3 times then FREEZE, trying to maintain balance.

\_\_\_ Switch legs and repeat.

## Knee Bends

\_\_\_ One leg knee bends; don't let hips go below knee height (90 degrees). Do as many as you can.

\_\_\_ Switch legs; continue with this leg doing as many as you can.

## Zig Zag Jump

\_\_\_ Jump across room, zigging and zagging.

## Bounding

\_\_\_ Leap across the floor as high as possible and as far as you can with each step

## Outside Practice

\_\_\_ Simple outside training, right in the backyard, could include walking/jogging in place while wearing the equipment. (This could even be done on grass, if there is no snow).

\_\_\_ For longer distances, try out town parks or forests, many of which have trail systems. If you're lucky, some may have actual maintained cross-country ski trails or snowmobile trails.

\_\_\_ Start with short distances, depending on the athlete's skill level, and increase as the athlete gets more confident and experienced.

\_\_\_ Level surfaces/trails are appropriate for Category 1 and Category 2 athletes.

\_\_\_ But Category 3 athletes should search for a varied terrain, that includes rolling hills.

\_\_\_ For Cat 2 athletes, try some interval training. Ski or snowshoe at a moderate pace for a short distance (10 or 20 meters) and then sprint that same distance, followed by a moderate pace to recover.

## Other Activities

\_\_\_ Other \_\_\_\_\_

\_\_\_ Other \_\_\_\_\_

