

Let's Get "Train-ing!"

Did you know there are 440 miles of active railroad in New Hampshire?!

We climbed the mountains in GRANITE STATE RESTART; we walked around the lakes in HOPE CHALLENGE ONE; we walked our beaches in HOPE CHALLENGE TWO and now one point for every activity equals one mile along our active railroad tracks in the **FUELING ENGINES CHALLENGE!**

You will have the opportunity to earn four different incentives, one for every 110 miles of railroad you travel. You will also gain one raffle entry for each week of the challenge that you log and submit points and at the end of the challenge there will be a raffle for four different prizes!



You can earn an additional five raffle entries by participating in our Zoom Fitness Class on January 25th at 6:30pm or our Zoom Nutrition Class on February 24th at 4:00pm and an additional 1 raffle entry by sending in a photo of Fueling Engines training.

Listed below are a few examples of what you can do; however, we encourage you to create your own activities.
Everything counts!

Options to let us know how you are doing: Email (Jeffl@sonh.org), call in your scores to Jeff Landholt (402-709-3824) or submit your weekly points via the SONH website through the following link: <https://forms.office.com/r/ShTeshj5uP>. Take pictures and email them to Jeff so we can share them on the website and track your extra raffle entry. **Now get after it!**

Fitness Activities	Sport-Specific Activities	Personal/Social Activities
Aerobic (double and single jumps) <ul style="list-style-type: none"> Jump rope – forward; backward; side-to-side If non-ambulatory, swing rope twice on each side and repeat. 	Choose your sport. <ul style="list-style-type: none"> List the skills. List what you can do to improve your abilities. 	Write in your journal about the day, your feelings, what you learned, etc.
Hand-eye coordination (using large and small balls) <ul style="list-style-type: none"> Two-handed bounce on floor; catch overhead. 10x each ball. Repeat using one hand. Repeat using other hand. 	Identify one skill. <ul style="list-style-type: none"> Practice it. Gradually do more. Do it faster. 	Read an article on your favorite sport or your favorite person.
Balance <ul style="list-style-type: none"> Raise on one leg and count to 10. Switch legs; balance; count to 10. Repeat each closing eyes. 	Identify another skill. <ul style="list-style-type: none"> Practice it. Gradually do more. Do it faster. 	Help a family member.
Strength (10x each) <ul style="list-style-type: none"> Bicep curls hold soup cans. Elbows next to side; bring soup can toward shoulder. Tricep extension holding elbow up. Repeat with other arm. Half squats with your legs (place a chair behind you; start to sit but do not touch chair). 	Identify a competition strategy that will make you faster, stronger, smarter. <ul style="list-style-type: none"> Think about it. Put it into practice. 	Do something for your friend.
Flexibility (count of 10; 2 sets of each) <ul style="list-style-type: none"> Arms – arm straight at shoulder and pull across chest; repeat with other arm. Legs and back – sitting with legs straight; lean chest to legs and hold. 	Identify another competition strategy that will make you faster, stronger, smarter. <ul style="list-style-type: none"> Think about it. Put it into practice. 	Do something for yourself.
Go on a walk in your neighborhood.	Identify a sport you haven't done but want to try. <ul style="list-style-type: none"> List the skills you can work on to get ready to try the sport 	Cook a healthy meal for yourself.
Put on your favorite music and dance for a few minutes.	Try a new sport for the first time.	Do something that helps you relax or feel calm.
Choose your own.	Choose your own.	Choose your own.

Want even more?! Hop onboard for our Zoom Get Togethers! Visit www.SONH.org or scan code with the camera on your phone for additional details & log in information!

- Fitness Class, Sharon Palermo, Tuesday January 25th at 6:30pm
- Nutrition to Fuel Your Engines, Kalee Tinker, Thursday February 24th at 4pm



FUELING ENGINES CHALLENGE PARTICIPANT TRACKING FORM

Participant Name: _____ Local Program (if applicable): _____

Participant Type (CIRCLE): SONH Athlete Unified Partner Family Member Friend

Phone: _____ Email: _____

Your Goal for the Fueling Engines Challenge: _____

Day / Date	Fitness/Sport-Specific Activities Completed	Personal/Social Activities Completed	Points

Each activity is worth one (1) point. See *Examples of Activities* on previous page. The number of personal or social activities cannot be more than the number of fitness or sport-specific activities each week. Choose any number of activities to complete in any number of days each week.

Weekly Summary

Each week or two, communicate your activities and points to receive your prize in a timely manner. Submit points to Jeff Landholt via phone or email!

- JeffL@sonh.org
- (402) 709-3824

Or submit points weekly online at www.SONH.org by scanning code below with the camera on your phone!



Week of	Points
January 2 – January 8	
January 9 – January 15	
January 16 – January 22	
January 23 – January 29	
January 30 – February 5	
February 6 – February 12	
February 13 – February 19	
February 20 – February 26	
February 27 – March 5	
March 6 – March 12	
March 13 – March 19	
March 20 – March 26	
March 27 – March 31	
Total Points =	