



Dear Athlete,

We're excited to share this package with you, filled with important health tips to help you get ready for the National Games in Calgary and be the best athlete you can be. Here's what you'll find inside:

1. **Setting Goals:** This is about making a plan for what you want to achieve. We'll help you set goals that will push you to do your best.
2. **Eating Right:** Eating the right food is important. We'll show you how to eat better to give your body the energy it needs to compete.
3. **Staying Active:** Being active and moving around is a big part of being a great athlete. We'll give you tips on how to stay active and healthy.
4. **Drinking Water:** Drinking enough water is like giving your body a special kind of fuel. We'll explain why it's important and how to do it right.
5. **Protecting from Cold:** In Calgary, it can get really cold. We'll teach you how to stay safe and avoid problems like frostbite.

We want you to think about setting new health goals for yourself. For example, you could try eating more fruits and vegetables to be healthier. We made these workbooks and posters to help you set and reach your goals, just like that!

Remember, we're here to support you all the way. Believe in yourself, use these tips, and get ready to shine at the National Games in Calgary.

Best wishes,

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