



Special Olympics Ontario Health, Fitness and Nutrition Resources

FIT 5

What is it?

- Fitness cards and videos are separated into endurance, strength, and flexibility exercises to help athletes, coaches, and supporters improve their performance and lead a healthy life. These cards and videos have simple instructions and follow a leveled approach to make exercise possible for all abilities. FIT 5 is a stand alone fitness, nutrition and hydration resource or a system that can be incorporated into a sport program's daily routines, practices or warmups. Coaches can also utilize an athlete on the team to help present the topics.

Who is it for?

- Athletes, students, coaches, teachers, parents, caregivers

How long is the program?

- Unlimited use

What resources do I get?

- Download and print the [Fit5 Guide](#) which covers nutrition, hydration and exercise
- Download and print the [Fit5 Fitness Cards](#) for various levels of fitness
- Download and watch the [Fit5 Fitness Videos](#) for various levels of fitness

Who administers the program?

- Teachers, coaches, parents, caregivers, athletes

Health in Action

What is it?

- Health in Action aims to improve the activity levels of all participants by allowing them to track their physical activity and nutrition in a fun and novel way through daily, weekly and monthly logs. Facilitators can manage these trackers and create a fun competition amongst students and athletes using this online tool. All participants receive a free pedometer to help with tracking.

Who is it for?

- Athletes, students, parents, caregivers, teachers

How long is the program?

- Unlimited use

What resources do I get?

- A pedometer for each participant
- [Health in Action Website Guide](#)
- [Health in Action Educator Guide](#) – Elementary Schools
- [Health in Action Student Guide](#) – Elementary Schools
- [Health in Action Educator Guide](#) – Secondary Schools
- [Health in Action Student Guide](#) – Secondary Schools
- Online athlete [Nutrition Guide](#)

Who administers the program?

- Teachers, coaches, parents, caregivers

Athlete sign-up/login: https://program.healthinaction.ca/on/Login_athlete.asp

Program Leader sign-up/login: https://program.healthinaction.ca/on/Login_ProgLdr.asp



Fit Families/Fit Teams

What is it?

- Fit Families/Fit Teams is a 6-week fitness program designed to encourage people with intellectual disabilities and their families to focus on a healthier lifestyle. Each week, a challenge coordinator logs each participants' steps and nutrition as well as keeps a journal of the activities for the team. The program includes a pre and post test BMI and Blood Pressure test, step tracker, weekly nutrition log and a weekly journal entry.

Who is it for?

- Families, teams, class groups, a group of friends
- A maximum of 6 people per family/team

How long is the program and what is it used for?

- 6 week cycles

What resources do I get?

- [Fit Families Guide](#)
- Fit Families Shirt
- Fit Families Gym Bag
- A pedometer for each participant

Who administers the program?

- Coaches, teachers, parents, caregivers, athletes

Sign up here: https://program.healthinaction.ca/on/MainMenu_FitFamilies.asp



ADDITIONAL FITNESS AND NUTRITION RESOURCES

- [GoodLife Fitness Membership](#) - Discounted corporate GoodLife fitness memberships are available for all Special Olympics Ontario registered athletes & up to 3 family members.
- [SOfit](#) - An 8-week Unified program developed by Special Olympics Minnesota that gets participants active while teaching them about holistic wellness. Teams meet once a week to learn about health and wellness topics and participate in physical activity. The educational topics are based on four identified pillars of wellness: Social, Emotional, Physical and Nutritional.
- [Train at Home Nutrition Guide](#) – A nutrition guide create for athletes to help them eat healthy at home.
- [Young Athletes Nutrition Guide](#) – A nutrition guide for elementary school aged athletes with an intellectual disability
- [Building a Healthy Meal: The Eat Well Plate](#) – The online Eat Well Plate helps you follow Eating Well with Canada's Food Guide when planning and serving meals. The Plate shows food group proportions and encourages you to make half your plate vegetables and fruit.
- [Special Olympics Sport Sciences: Nutrition Guide for Coaches](#) – A guide intended to provide Special Olympics Coaches with basic information on a healthy diet and sports including an overview of the importance of nutrition, how to build a healthy diet based on different food groups, quick healthy snacks to consume throughout the day, and more.
- [Preparing to Compete Workbook](#) – a 7 day workbook that covers nutrition, exercise, hydration and mental preparedness to be used the week before a competition
- [Athlete Tracking Sheet for Fitness](#) - An at-home tool for athletes to track their progress meeting their fitness goals. Includes tracking for exercise, nutrition and hydration
- [Pre-Fitness Challenge Lifestyle Survey](#) – A pre-fitness challenge survey to be taken by athlete's. This tool works best when a post-event survey is also taken and will aid in tracking an athlete's fitness development
- [Post-Fitness Challenge Lifestyle Survey](#) – A post-fitness challenge survey to be taken by athlete's. This tool works best when a pre-event survey is also taken and will aid in tracking an athlete's fitness development
- [Strive](#) - A ten station assessment tool created to provide a standard method to measure an athlete's level of fitness
- [Unified Sports Fitness Club](#) - Unified Sports® Fitness Club is a year round program that offers unified physical activity opportunities through weekly or bi-weekly walking sessions developed by Special Olympics Connecticut
- [Sobey's Better Food Nutrition Sessions](#) - Better Food Nutrition Sessions are hands-on, fun and interactive Sessions held at SOO practices or events where ideas, information and tips on how to incorporate better food are shared with athletes. Sessions also go over how to quickly and easily prepare healthy meals and snacks.