



HIGH 5 FOR FITNESS

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For youth ages 15–21 who want to be fit!

*Special
Olympics*



Acknowledgements

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BUILD OUR KIDS' SUCCESS (BOKS) is a physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. BOKS' mission is to make physical activity and play part of every child's day. Their vision is a healthier and happier generation of active kids.

AMERICA'S TEST KITCHEN KIDS has a mission to build a new generation of empowered cooks, engaged eaters, and curious experimenters. They help young chefs understand the hows and whys of food and cooking through their books, monthly subscription boxes, podcast, curriculum, and extensive (free!) digital library.

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What is High 5 for Fitness?



High 5 for Fitness is a set of resources to help you take control of your own fitness by making healthy choices. Being fit means that you eat well, drink plenty of water, and move a lot every day.

If you are fit, you feel good and have lots of energy because your body is strong and healthy. Getting fit now will help you to continue healthy habits throughout your life.

High Five for Fitness is for youth ages 15–21 who want to be fit!

WORK TOWARD THESE 3 GOALS TO GET FIT:



EAT:

*Eat from all
5 food groups
every day*



DRINK:

*Drink at least
3 bottles of water
every day*



MOVE:

*Move for 60
minutes or more
every day*

Eat

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Eating healthy food is important. It gives you energy to move, maintain a healthy weight, and compete at your best. Healthy food is the best fuel for your body!

Nutrition means eating a variety of healthy foods like fruits, vegetables, grains, protein, and dairy so your body has what it needs to grow and be healthy.

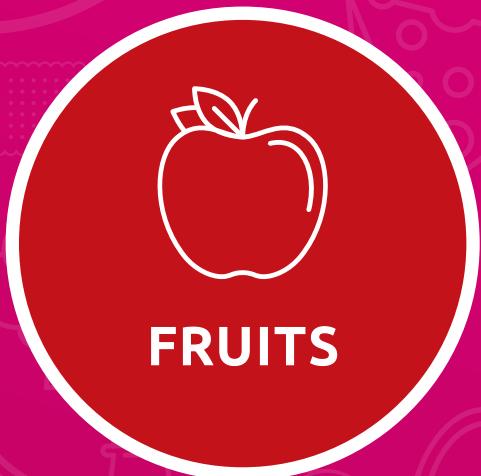
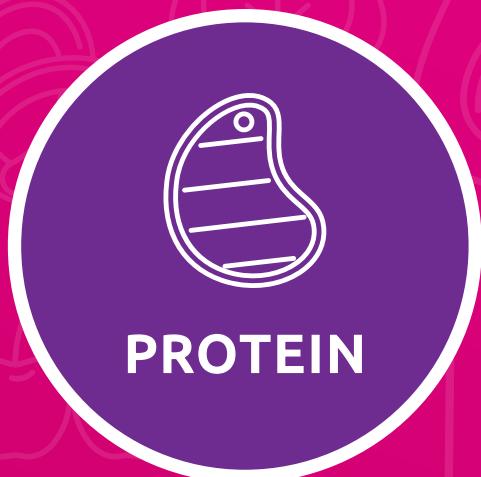


EAT:

Eat from all 5 food groups every day

A Healthy Plate

A healthy plate is filled with the 5 food groups you should eat to fuel your body and mind. Each food group helps your body in different ways, and there are many delicious healthy foods to choose from. Your goal is to eat at least 1 serving from each food group every day.



A Healthy Plate



Eat like a Champion

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Make half your plate fruits and vegetables every day.

Make half your grains whole grains.

Eat different types of protein foods like meat, seafood, bean, eggs, and nuts.

Eat less salt, fat, and sugar.

Drink water and fat-free or low-fat milk instead of sugary drinks.



Learn more about the USDA MyPlate at www.myplate.gov

Drink

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Drinking water helps your body work at its best. If you are hydrated, you can focus better at school, work, and on the playing field. You will also have more energy and a better mood.

Hydrated means your body has enough water. *Dehydrated* means your body does not have enough water and you might feel tired or have a headache.

You should drink water throughout the day, and try using a reusable water bottle to help you keep track of your goal.



DRINK GOAL:

*Drink at least
3 bottles of water
every day*



Water is an important fuel! Staying hydrated helps to keep your body at the right temperature, and it can prevent muscle cramps.

Did you know there are foods with high water content that can help keep you hydrated? Watermelon, cucumbers, carrots, and celery all contain water and are great options for achieving your Eat goal.

Limit the number of sugary drinks like soda, sports drinks, and juice that you have each day. Try for zero!

Move

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When you do physical activity, you get stronger, faster, and healthier so you can handle all kinds of challenges.

Physical activity includes exercise, sports, and regular movement like walking or doing chores. Try new and different physical activities to find ones you enjoy.



Physical activity can help you to improve your sports skills and performance to make you a better athlete. For example, running can improve soccer performance and jumping can improve basketball skills.

Doing a variety of exercises will help you improve different types of fitness. On pages 14–17, you will learn about flexibility, strength, and endurance, which are all important for your health and sport performance.



MOVE GOAL:

Move for 60 minutes or more every day



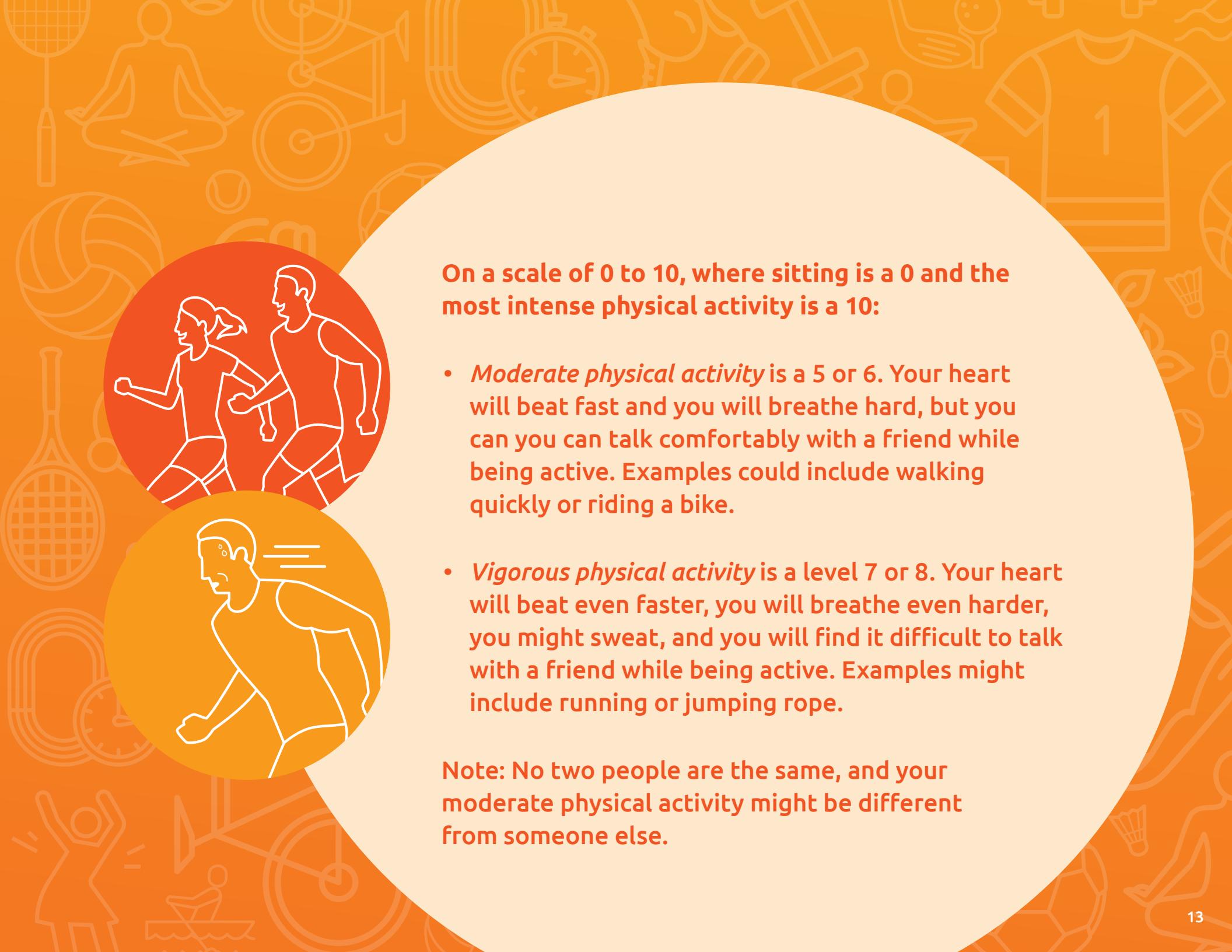
Physical Activity Guidelines

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There are guidelines that recommend how much physical activity to do every day and how intense the activities should be.

- **People ages 6–17:** It is recommended to do 60 minutes or more of moderate to vigorous intensity physical activity *every day*.
- **People ages 18 and older:** It is recommended to do at least 150-300 minutes of moderate intensity physical activity *each week*.





On a scale of 0 to 10, where sitting is a 0 and the most intense physical activity is a 10:

- *Moderate physical activity* is a 5 or 6. Your heart will beat fast and you will breathe hard, but you can talk comfortably with a friend while being active. Examples could include walking quickly or riding a bike.
- *Vigorous physical activity* is a level 7 or 8. Your heart will beat even faster, you will breathe even harder, you might sweat, and you will find it difficult to talk with a friend while being active. Examples might include running or jumping rope.

Note: No two people are the same, and your moderate physical activity might be different from someone else.

Flexibility

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Flexibility is the ability to move your body easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints.

Stretching is a great way to improve flexibility. There are different types of stretches that you can do before and after physical activities.





Static vs. Dynamic Stretching:

Dynamic Stretching involves moving your body to get your muscles ready for physical activity. Dynamic stretches are best used during warm-up.

Static Stretching is holding a stretch position without moving. Static stretches are best used during cool-down.

Activities to Improve Flexibility: Yoga, Static Stretching, Dynamic Stretching, Pilates

Example of Sports that use Flexibility: Rhythmic Gymnastics, Golf, Figure Skating





Endurance

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Endurance is the ability to keep your body moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

You can improve your endurance by doing activities that increase your heart rate and make you breathe harder like walking fast, jumping rope, and playing soccer.

Activities to Improve Endurance: Swimming, Skate boarding, Hiking

Examples of Sports that use Endurance: Cycling, DanceSport, Floor Hockey



Strength

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Strength is the ability of your body to do work. Strength can help you to jump higher, throw farther, and sprint faster.

You can improve your strength by doing activities that work your muscles like lifting weights, doing bodyweight exercises, like push-ups and squats, and using resistance bands.

Activities to Improve Strength: Body Weight Exercises, Lifting Weights, Resistance Bands, Weight Machines

Examples of Sports that use Strength: Power Lifting, Gymnastics, Judo



Let's Get Moving!



In this guide, we will share a couple of exercises from each type of fitness and level.

Want to see all the exercises in High 5 for Fitness? Check out the [High 5 for Fitness: Ages 15–21 Cards and Videos](#).



High 5 for Fitness has 3 levels

Are the exercises too easy? You can move to the next level, add more time, do more of each exercise, or reduce rest time between activities.



LEVEL 1:
Basic



LEVEL 2:
Intermediate



LEVEL 3:
Advanced



Level 1 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

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HEEL AND TOE WALKS

1. Raise your toes up to stand on your heels and walk forward.
2. Raise your heels up to stand on your tiptoes and walk forward.



Level 1 • Flexibility

CROSS BODY SHOULDER STRETCH

1. Cross your left arm across your chest with your elbow slightly bent. Make sure to keep your left shoulder down away from your ear.
2. Place your right hand on the back of your left arm just above the elbow. Pull your left arm in toward your chest until you feel a stretch. Repeat with your right arm.



NUTRITION TIP:

Fruits come in many different colors which means the fruits contain different nutrients.



Level 1 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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BUTT KICKERS

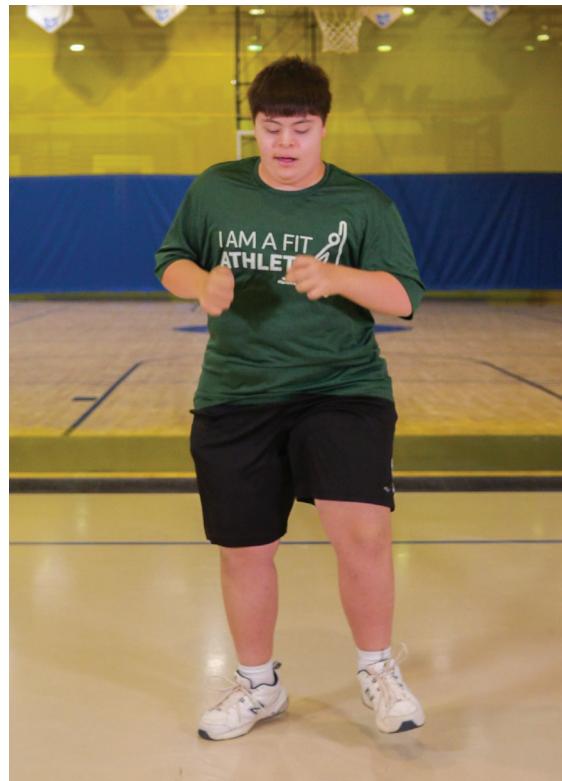
1. Jog in place and kick your heels up behind you.
2. Try doing butt kickers in place or while moving around.



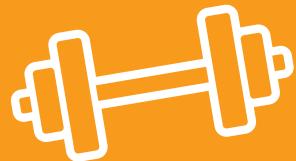
Level 1 • Endurance

FAST FEET

1. Stand with your feet shoulder width apart and your knees bent.
2. Put your arms at your sides with elbows bent.
3. Rise to the balls of your feet and run in place as fast as possible. Keep your feet moving quickly.



Level 1 • Strength

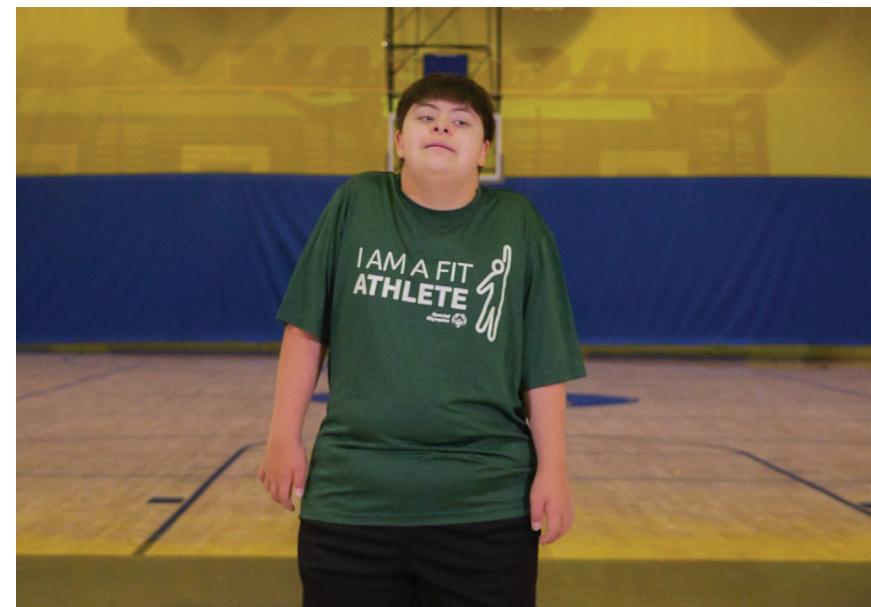


Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

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SHRUGS

1. Stand with your feet shoulder width apart with your arms at your sides.
2. Shrug your shoulders up toward your ears and hold.
3. Lower your shoulders down to the starting position.



Level 1 • Strength

SUMO SQUATS

1. Stand with your feet wider than shoulder width apart and your arms at your sides with elbows bent.
2. Shift weight to your heels, slowly bend your knees and hips like you are sitting low in a chair, and hold.
3. Straighten your knees and return to standing.





Level 2 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

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ARM CIRCLES

1. Stand with your feet shoulder width apart and your arms out straight to the sides.
2. Slowly rotate your arms forward, making big circles.
3. Repeat in a backward direction.



SMART SPORTS TIP:

Arm circles increase the range of movement of the shoulders which can improve striking technique and performance in golf, tennis, and softball.

Level 2 • Flexibility

STRADDLE STRETCH

1. Sit with your legs straight and open in a wide "V" position.
2. Reach toward your right foot while keeping your legs as straight as possible until you feel a stretch.
3. Repeat the stretch toward your left foot, and then toward the middle.





Level 2 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

.....

SQUARE JUMPS

1. Imagine there is a small square on the ground.
2. Keep your feet together and jump to all four corners of the square.
3. Keep jumping around the square using forward, side, and backward jumps.



Level 2 • Endurance

JUMPING T'S

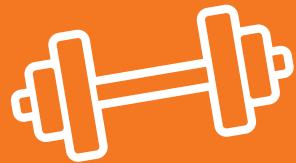
1. Stand with your feet together and your arms at your sides.
2. Jump and raise your arms out to the sides at shoulder level, forming a "T", and your legs open wide.
3. Jump again and bring your legs together and your arms back to your sides.



HELPFUL HYDRATION TIP:

*Did you know that
one cup of sports drink
can have as much sugar as
SIX chocolate candies?*

Level 2 • Strength

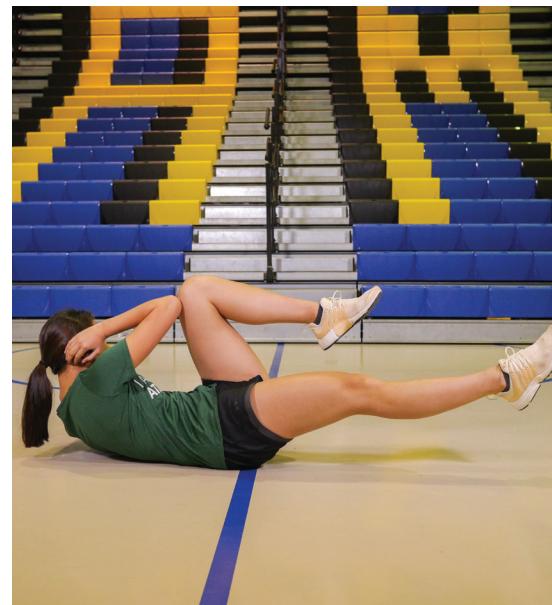


Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

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BICYCLE CRUNCH

1. Lie on your back with your legs straight. Clasp your hands behind your head.
2. Pull your right knee in toward your chest and touch your left elbow to your right knee.
3. Switch and touch your right elbow to your left knee.



NUTRITION TIP:

Whole grains contain the entire seed, or kernel. They are the best choice because they contain lots of fiber and nutrients.

Level 2 • Strength

PLANK SHOULDER TAPS

1. Start in the plank position with your body straight.
2. Tap your left shoulder with your right hand, return to the plank position, and then tap your right shoulder with your left hand.





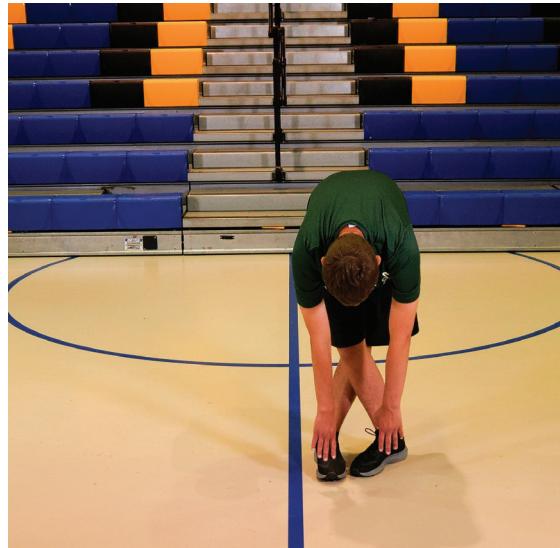
Level 3 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

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CROSSOVER TOE TOUCH

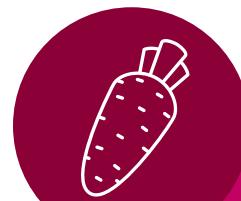
1. Cross your right leg over your left.
2. Reach for your toes keeping your legs as straight as possible, hold, and return to standing.
3. Repeat with your left leg over your right.



Level 3 • Flexibility

UPPER BACK STRETCH

1. Stand tall and lace your fingers together with your palms facing outward.
2. Stretch your arms out in front of you at shoulder level.
3. Reach out so that you feel your upper back stretch. Tuck your chin toward your chest.



NUTRITION TIP:

Vegetables give you lots of different nutrients, vitamins, and minerals.



Level 3 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

.....

STAR JUMPS

1. Stand with your feet together and your arms at your sides.
2. Jump and raise your arms and legs out to the sides so your body makes a star in the air.
3. Land softly and quickly jump again.



NUTRITION TIP:

Plant-based proteins come from plants. They're foods like nuts, beans, and lentils.

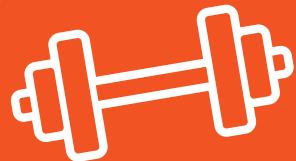
Level 3 • Endurance

BURPEES

1. Stand with your feet together and your arms at your sides.
2. Squat down and place your hands on the ground in front.
3. Jump your feet back into the plank position.
4. Jump your feet back in toward your hands, return standing, and repeat.



Level 3 • Strength

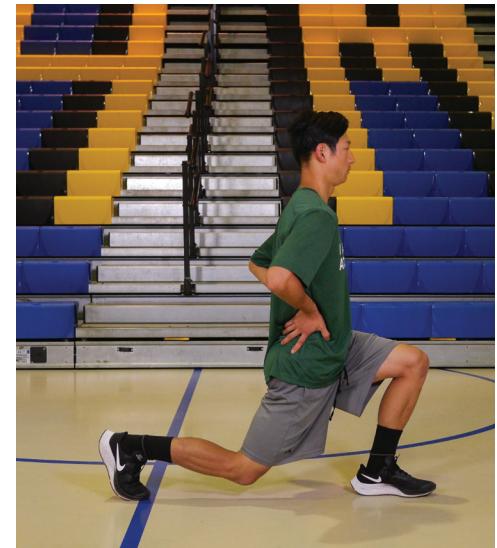
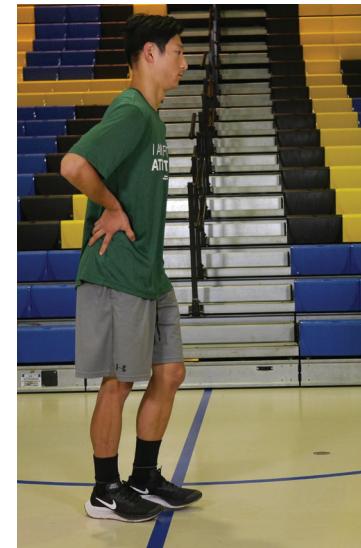


Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

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FORWARD LUNGES

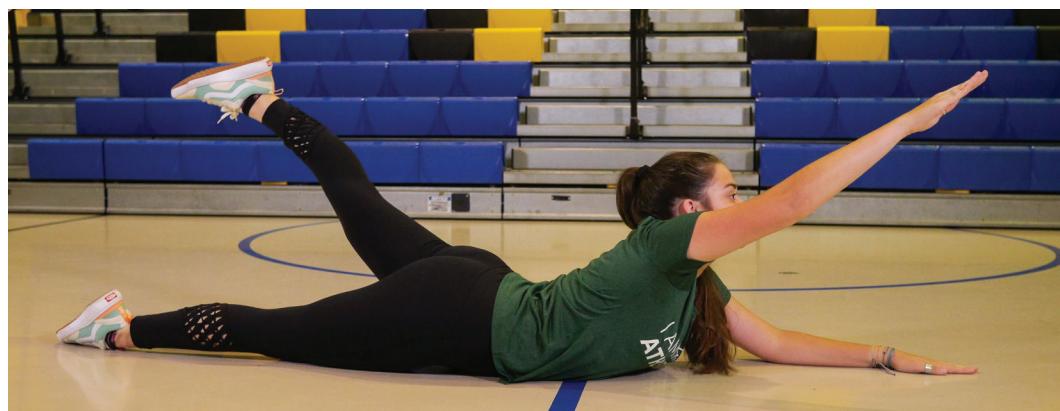
1. Stand with your feet shoulder width apart and put your hands on your hips.
2. Take a big step forward with your right foot and bend both knees so that your left knee is almost touching the ground.
3. Push off your right leg and return to the starting position. Repeat with your left leg.



Level 3 • Strength

ALTERNATING SUPERMANS

1. Lie face down with your arms straight above your head and your legs straight.
2. Raise your right arm and left leg up at the same time, hold, and lower back down.
3. Repeat with your left arm and right leg.



SMART SPORTS TIP:

Alternating Supermans strengthen your core, back, and arms which can improve performance in swimming and kayaking.

High 5 & Way to Go

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High 5! You have made it through all the helpful information in this guide, but there is more in the High 5 for Fitness cards and videos!

All the exercises in the cards and videos will help you meet your goal to Move for 60 minutes or more every day.

Start with the Basic exercises. Are the exercises too easy? You can move up to the next level, exercise longer, do more of each exercise, or take a shorter break between exercises.

EAT:

Eat from all 5 food groups every day

MOVE:

Move for 60 minutes or more every day

DRINK:

Drink at least 3 bottles of water every day



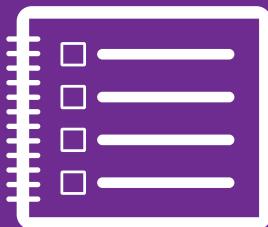
You Can Do This!

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It is helpful to track your activities as you work toward the Eat, Drink, and Move goals. On the following pages, you will find weekly and 12-week tracker sheets.

Track your High 5 for Fitness activities every week for 12 weeks. Encourage your family and friends to join you, too! 12 weeks is about the time it takes to get fit. You can do this!

To find more High 5 for Fitness resources, visit:
resources.specialolympics.org/health/fitness/high-5



Weekly Tracker

Use this sheet to help you track your High 5 for Fitness goals every week. Ask a family member, teacher, or friend to help you stay on track.

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Eat Color in the food groups you ate from today.							
Drink Color in the water bottles you drank today.							
Move Color in the shoe if you moved for 60 minutes or more today.							
Color the star if you achieved ALL your High 5 for Fitness goals this week.		Eat	Drink	Move			

12-Week Tracker

Use this sheet to help you track your High 5 for Fitness goals. You can use this sheet over and over again to keep your fitness and health on track!

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Eat Color the star if you ate from all 5 food groups every day this week.	★	★	★	★	★	★	★	★	★	★	★	★
Drink Color the star if you drank at least 3 bottles of water every day this week.	★	★	★	★	★	★	★	★	★	★	★	★
Move Color the star if you moved for 60 minutes or more every day this week.	★	★	★	★	★	★	★	★	★	★	★	★



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