



**Special Olympics**

Healthy Athletes

**FUNfitness**

Name: \_\_\_\_\_

# Athlete Scorecard

# fitness

- Makes it easier to do sports
- Makes it easier to do activities
- Makes you more healthy
- Helps you live longer
- Makes your life more happy and fun

# what I need to improve

- Flexibility
  - Strength
  - Balance
  - Aerobic Fitness
- 
- Referral to a Physical Therapist Recommended

stop  
any exercise if you feel pain!

tell  
someone about the pain!

# getting more flexible

Stretching makes you less stiff and sore

Stretching helps you do better in your sport

Tips for Stretching:

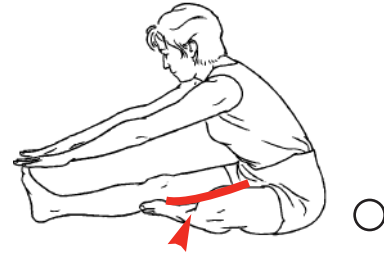
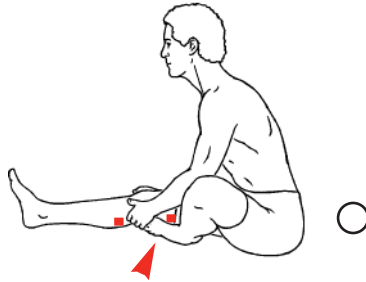
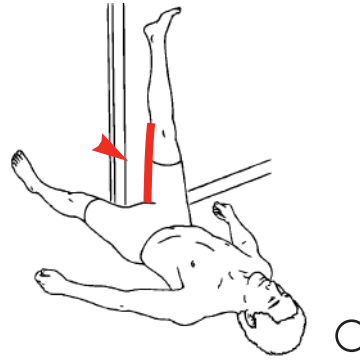
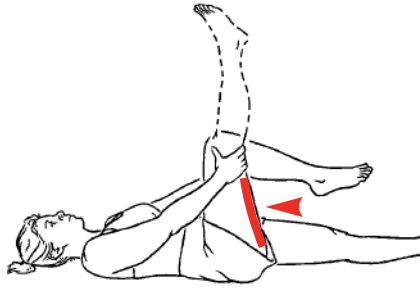
**Warm up** before you stretch

**Slowly** get into position

**Hold** the stretch while you count to 15 or say your name 15 times

Do each stretch **3-5 times** on **each** side of your body

# stretching

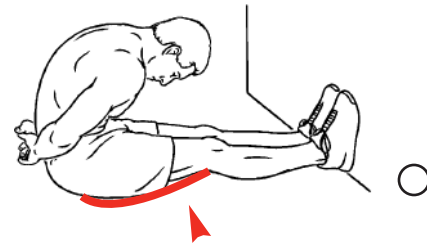
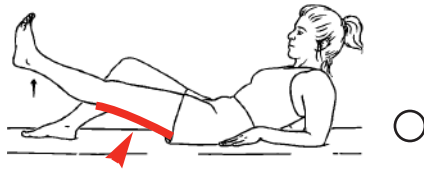
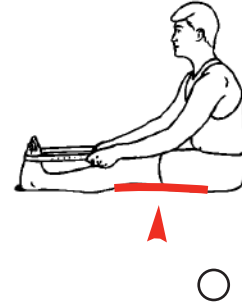
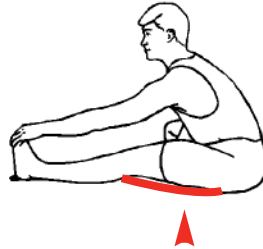
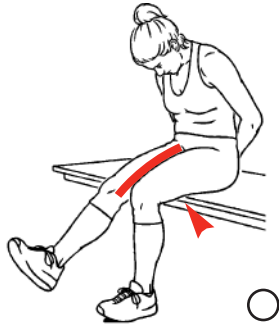


Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

# the hamstring muscles



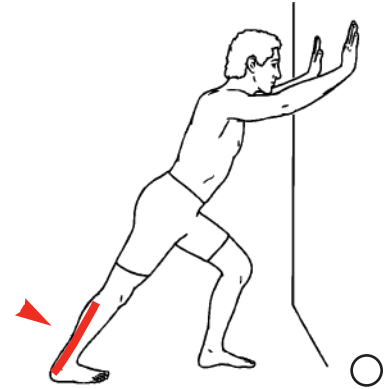
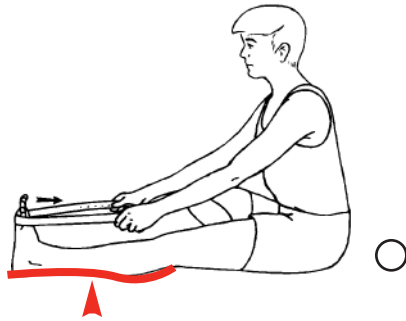
Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

# stretching

8

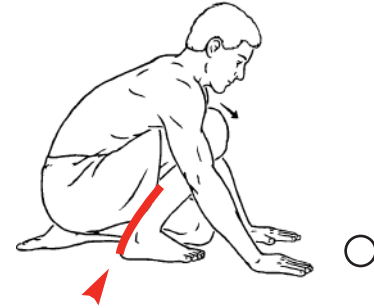
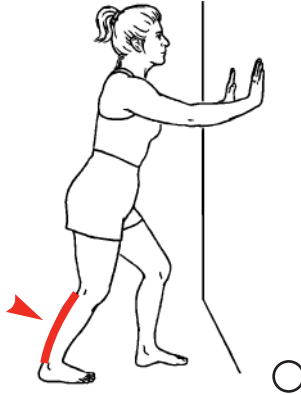
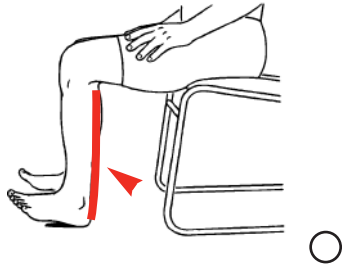


Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

# the calf muscles

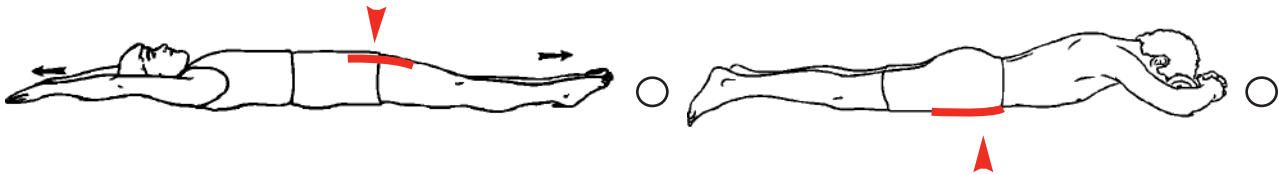
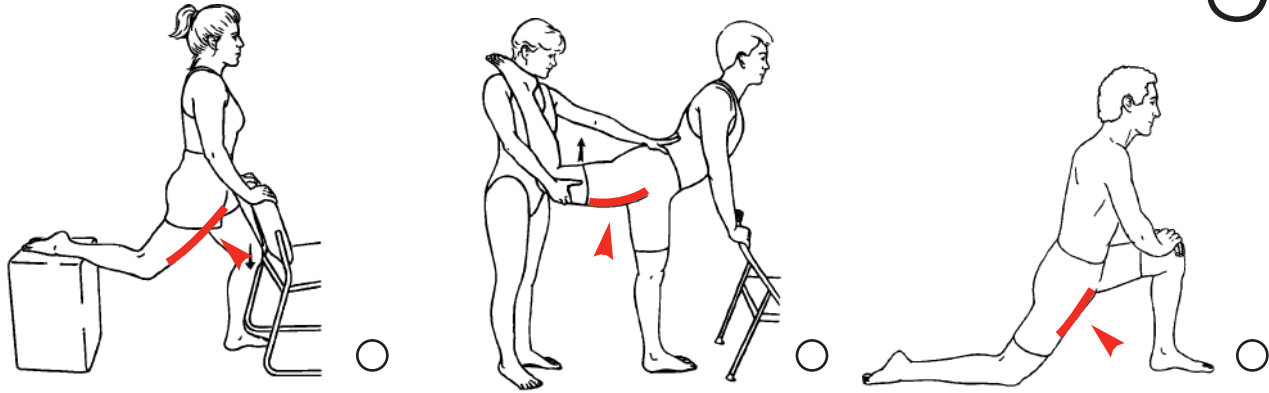


Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

# stretching

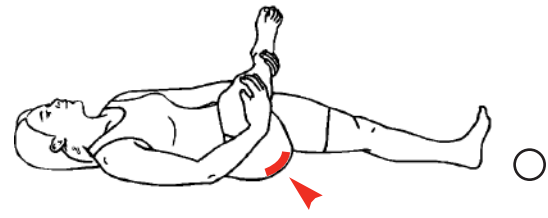
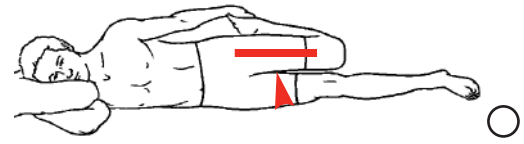
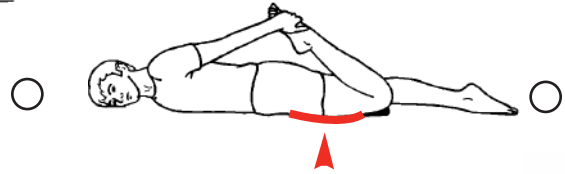
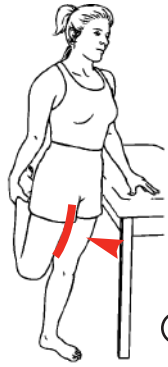


Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

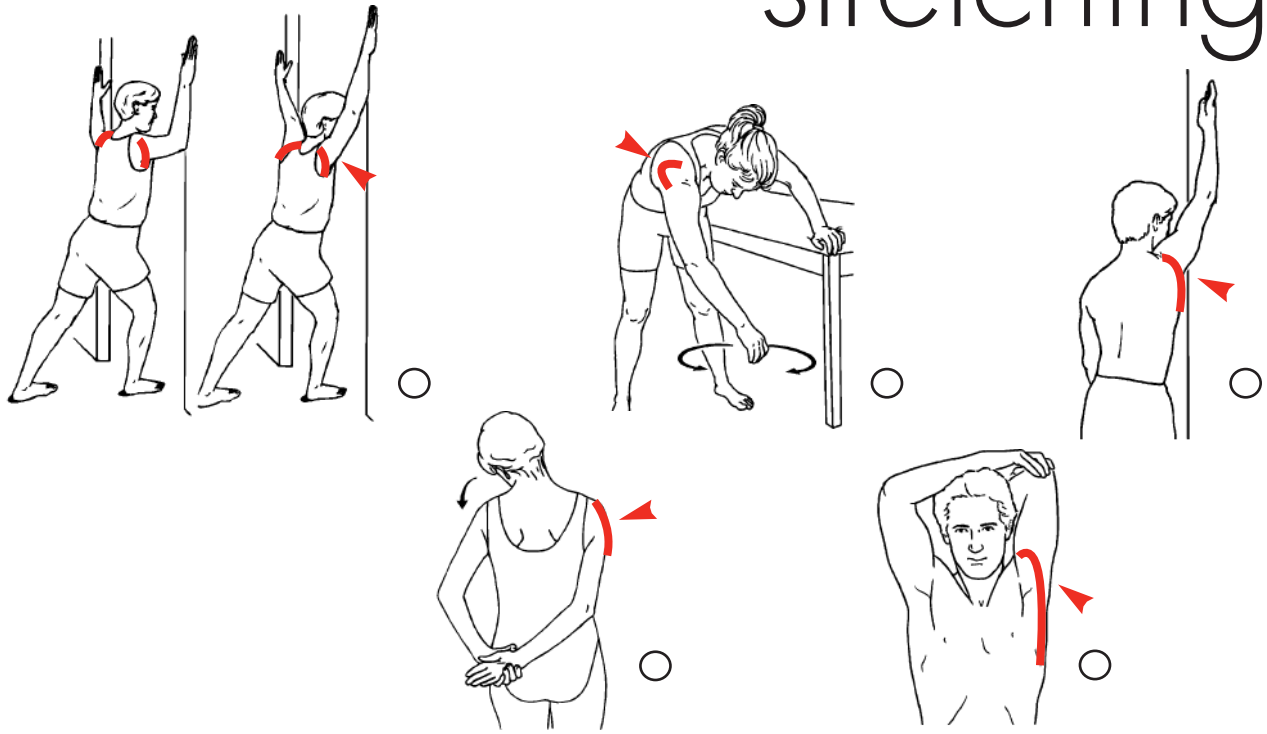
# the hip muscles



Repeat \_\_\_\_\_ times on:  
\_\_\_\_\_ Left side only  
\_\_\_\_\_ Right side only  
\_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

# stretching

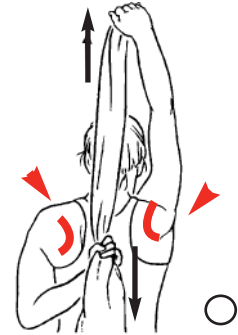
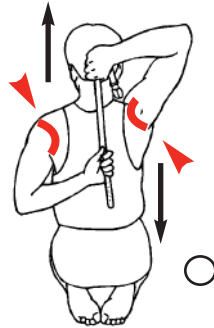
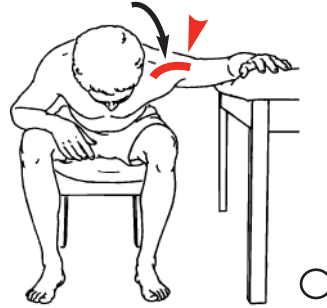
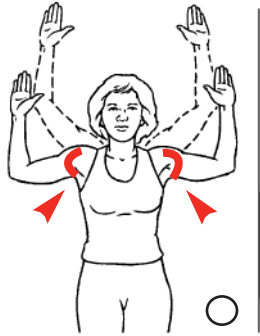


Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

# the shoulder muscles



Repeat \_\_\_\_\_ times on:

- \_\_\_\_\_ Left side only
- \_\_\_\_\_ Right side only
- \_\_\_\_\_ Both sides

Hold each stretch for \_\_\_\_\_ seconds.

stop  
any exercise if you feel pain!

tell  
someone about the pain!

# getting stronger

Exercise makes your muscles stronger and less easily hurt  
Strength helps you to do better in your sport

Tips for Strengthening:

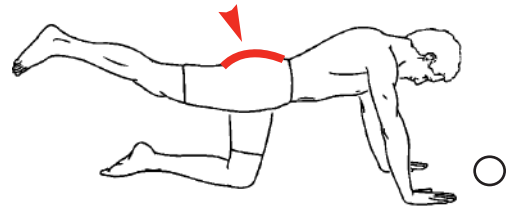
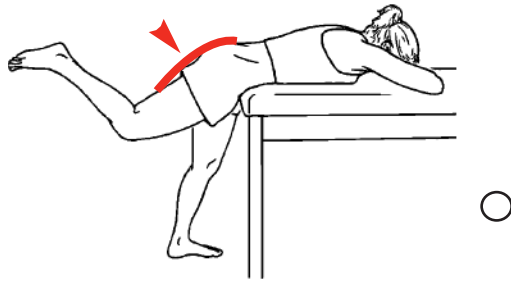
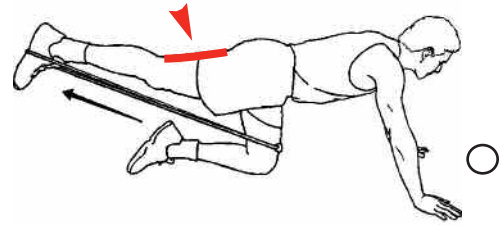
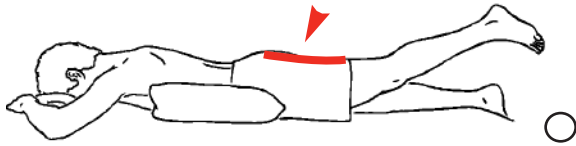
**Warm up** before you strengthen

Do the exercise **slowly**

**Move** through full range of motion

Do each exercise **10-15 times** on **each** side

# strengthening



Repeat \_\_\_\_\_ times on:

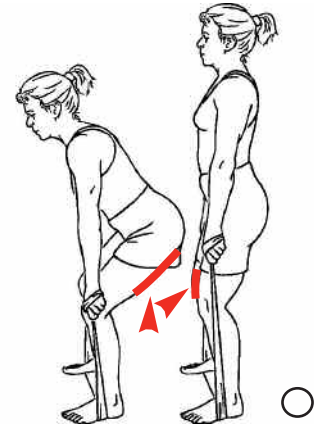
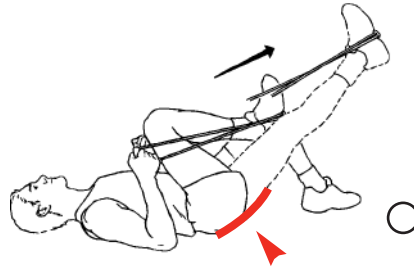
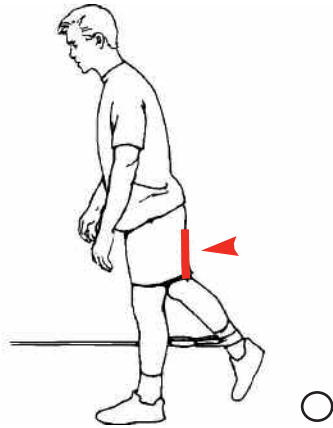
\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# the leg muscles

## Hip Muscles



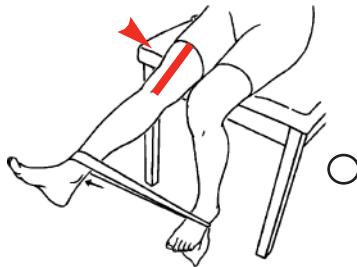
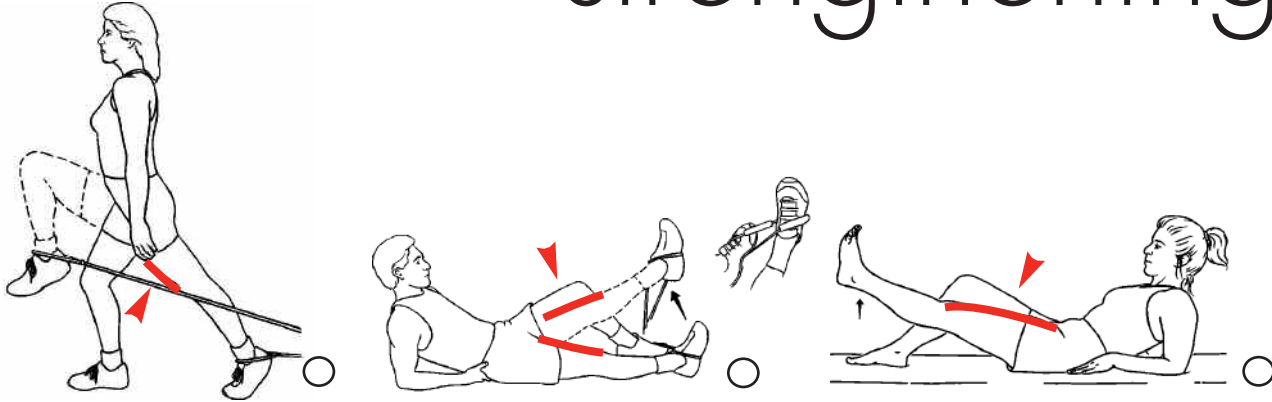
Repeat \_\_\_\_\_ times on:

\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# strengthening



Repeat \_\_\_\_\_ times on:

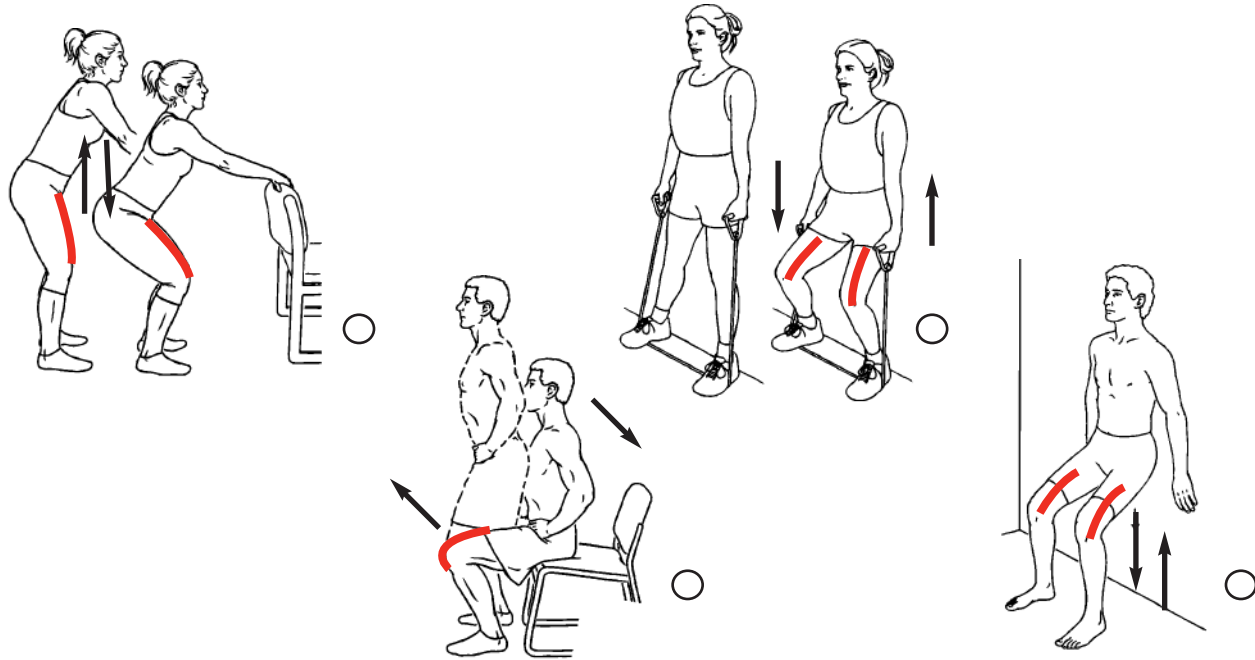
\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# the leg muscles

## Knee Muscles



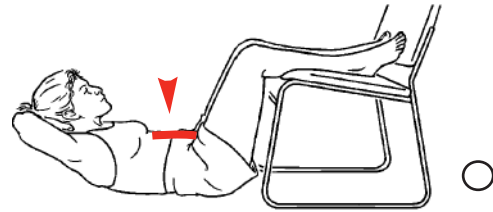
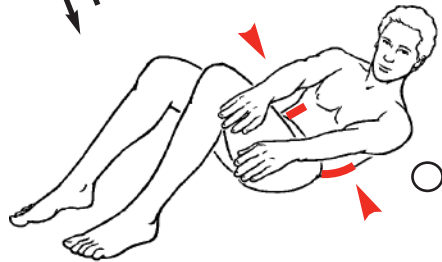
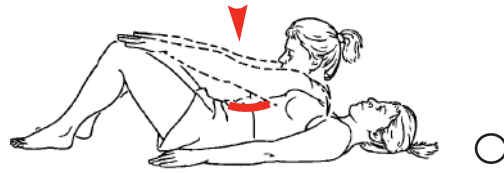
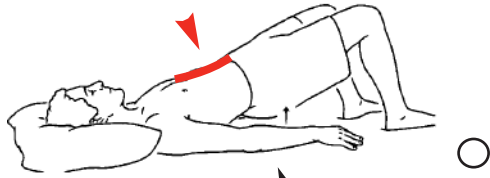
Repeat \_\_\_\_\_ times on:

\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# strengthening



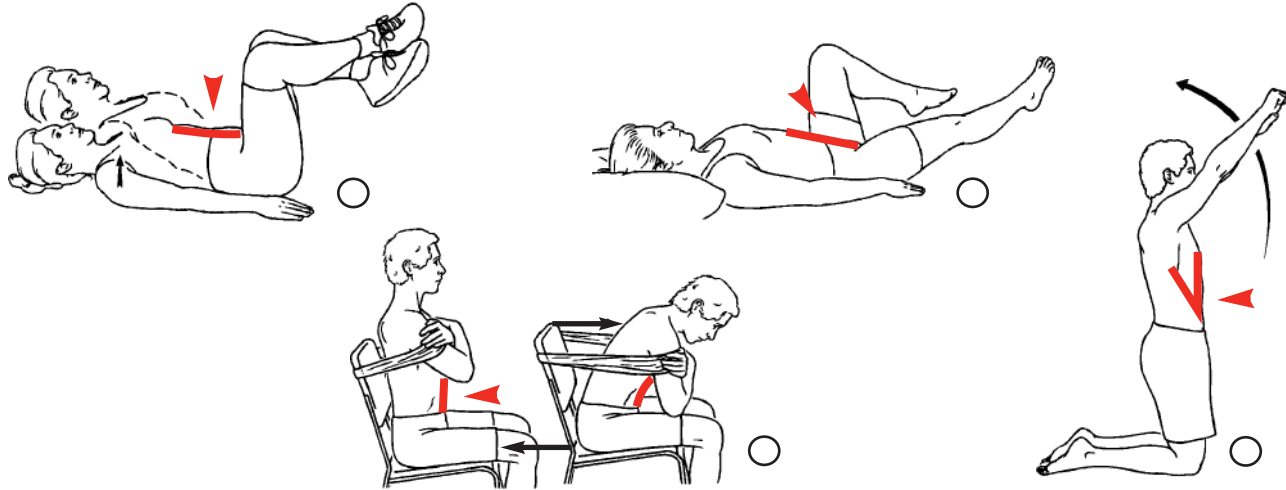
Repeat \_\_\_\_\_ times on:

\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# the abdominal muscles



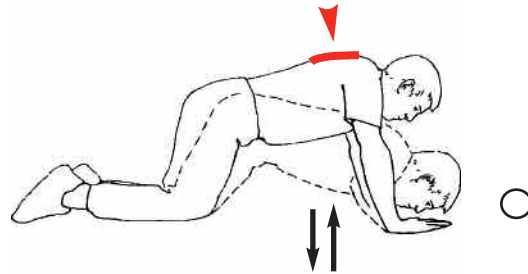
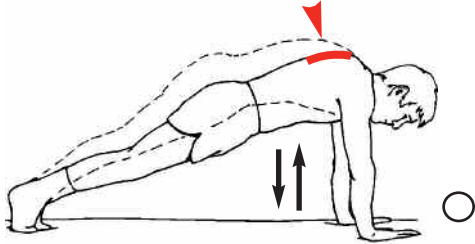
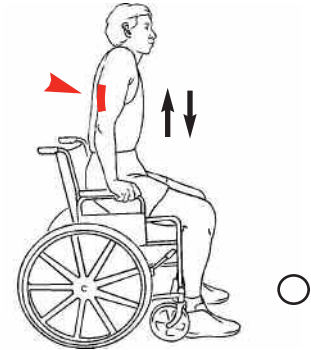
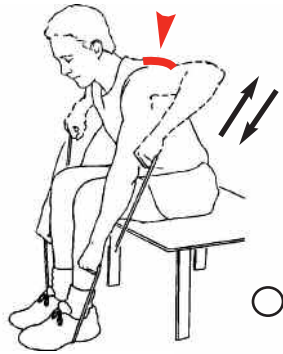
Repeat \_\_\_\_\_ times on:

\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# strengthening



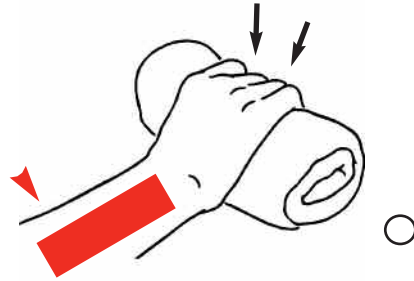
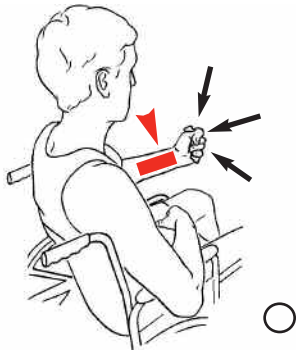
Repeat \_\_\_\_\_ times on:

\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# the arm muscles



Repeat \_\_\_\_\_ times on:

\_\_\_\_\_ Left side

\_\_\_\_\_ Right side

\_\_\_\_\_ Rest, then repeat on other side

# better balance<sup>having</sup>

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Balance is being able to control your body position while standing or moving  
Balance helps you do better in your sport

Tips for Balance:

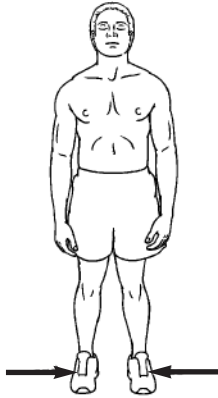
**Stand or sit** in a good position with your body straight and in line

Do the exercise **slowly**

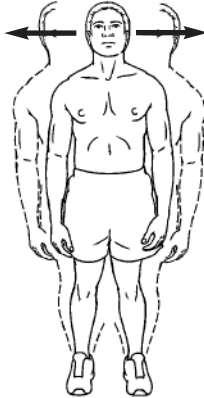
Try **holding** this position with:

eyes open, one eye closed and both eyes closed

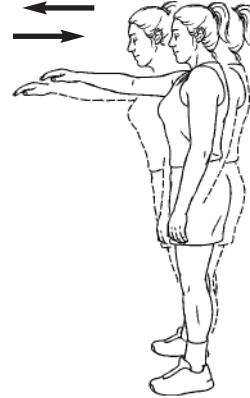
# improving balance



Narrow the Base



Sway Side to Side



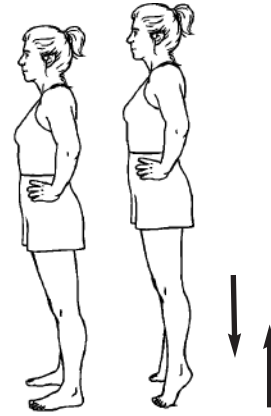
Sway Back and Forth

# improving

26

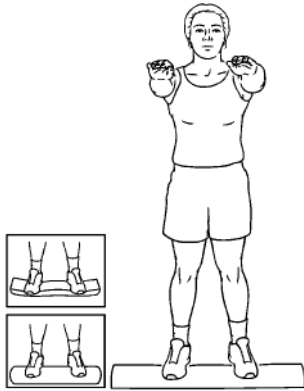


○ Up on Heels

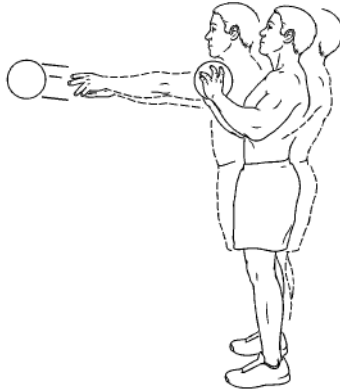


○ Up on Toes

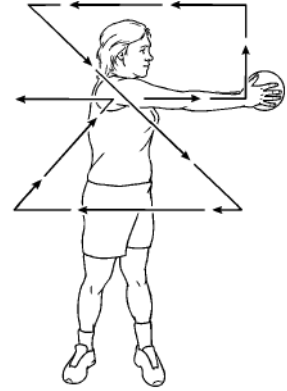
# balance



○ Two Leg Stand on Foam

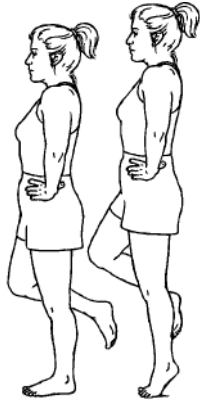


○ Balloon or Ball Throw

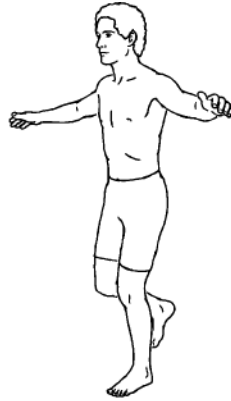


○ Turning with Ball

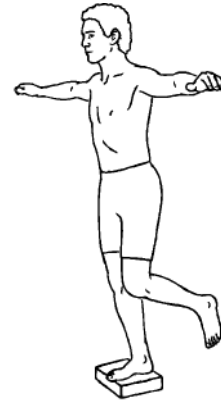
# improving



One Leg Up on Toes

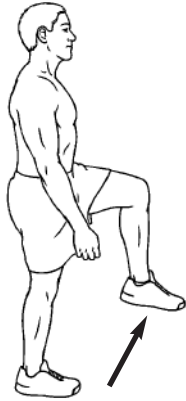


One Leg Stand



One Leg Stand on Foam

# balance



○ March in Place



○ One Leg Swing

# having more energy

Aerobic Fitness means you have energy for your sports and activities  
Aerobic Fitness helps you do better in your sport

Tips for Aerobic Exercise:

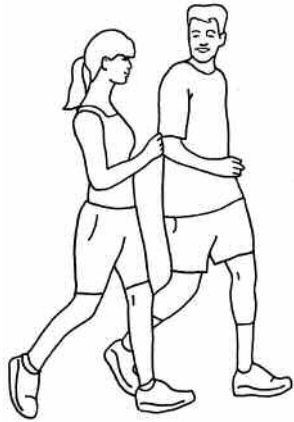
Pick one or two exercises that you **like** to do

Do the exercise **at least five days a week**

Exercise **hard**, but so you can still **talk**

Do a **total** of 60 minutes of exercise each day—you can add up two or more short periods of exercise during the day.

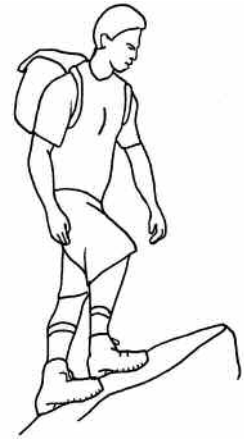
# aerobics



Walking



Running



Hiking

# aerobics



Biking



Judo

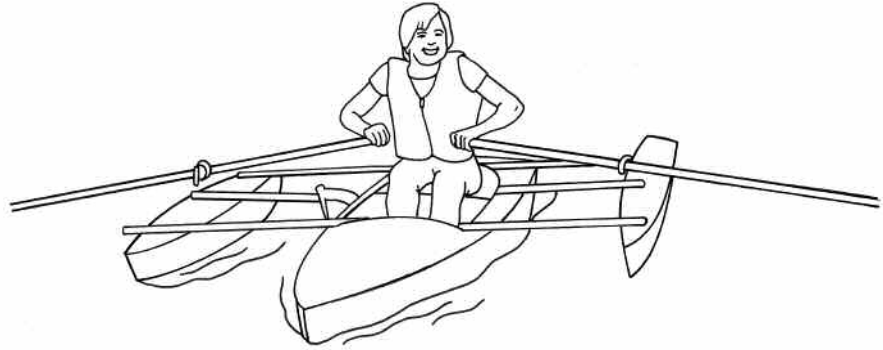


Swimming

# aerobics

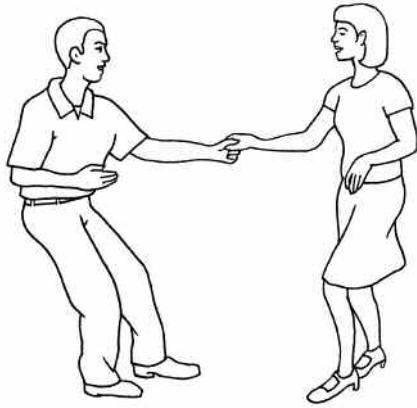


Working in the Garden

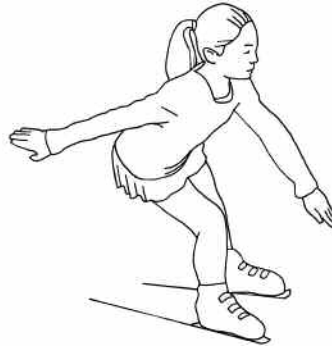


Kayaking or Rowing

# aerobics



Dancing

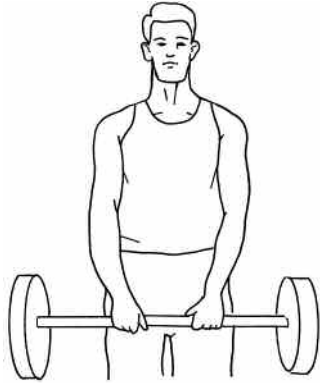


Skating



Sledding

# aerobics



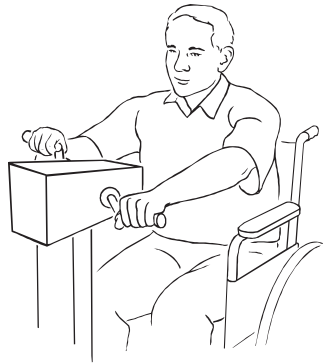
○ Weight Lifting



○ Wheel Running

# aerobics

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○ Arm Cycling



○ Seated Cycling

have fun  
getting fit!



**Special Olympics**

Healthy Athletes  
**FUNfitness**



***Special Olympics***



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[www.specialolympics.org](http://www.specialolympics.org)

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