

## **What is PHYSICAL ACTIVITY?**

The PALA program requests that you perform PHYSICAL ACTIVITY each day.

Physical Activities include:

- STRETCHING to keep your muscles and tendons flexible.
- AEROBIC ACTIVITIES like a game or sport,
- MUSCLE STRENGTHENING ACTIVITIES like lifting weights, and
- BONE STRENGTHENING ACTIVITIES that put stress on bones, like marching

PALA has developed a list of games, sports and other activities for you to choose from each day (<http://www.presidentschallenge.org/challenge/activities.shtml>). Special Olympics has developed special sheets for [Stretching](#), [Aerobics](#), and [Strengthening](#) activities as additional choices.

PALA emphasizes that everyone should:

- WARM-UP before physical activity, and
- COOL-DOWN after any physical activity.

PALA has examples of warm-up and cool-down, but Special Olympics has developed sheets for Warm-up ([link](#)) and Cool-down ([link](#)) activities that you can also use.

**Special Olympics PALA Get FIT for SPORT** adds another dimension to Physical Activity – [BALANCE](#).

Balance is the ability to maintain a steady position while sitting, standing or moving. Balance is important for all physical activity so that you do not become unsteady or fall.

Many activities on the PALA Physical Activities List require balance, but specific activities that require or train balance are:

- ✓ Baton Twirling
- ✓ Bicycling, Mountain Bicycling, or Unicycling
- ✓ Cheerleading
- ✓ Dancing
- ✓ Downhill Skiing or Water Skiing
- ✓ Fencing
- ✓ Gymnastics
- ✓ Jai Alai
- ✓ Marching
- ✓ Skate boarding, snow boarding, or snowshoeing
- ✓ Tai Chi or other martial arts
- ✓ Trampoline
- ✓ Wrestling

Special Olympics has also developed several [special balance training exercises](#) for you to perform in addition to the activities listed above.