



Special Olympics

TRAIN
with



Exercise Guide





Special Olympics

TRAIN
at HOME



Exercise Guide

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1

Overview

Regular exercise keeps your body healthy. It is important to get at least 30 minutes of exercise every day. Always check with your doctor to make sure exercising is recommended for you. Exercise is fun to do with family and friends. There are lots of different ways to exercise.

• Many different activities can improve your health

1. Moderate exercise- Your heart rate should increase slightly, but it should still be possible to talk with your exercise partner.

Activities include:

- softball
- bowling
- yoga

2. Vigorous exercise- Your heart rate should increase significantly. Breathing should be rapid and holding a conversation should not be possible.

Activities include:

- running or jogging
- biking
- soccer

• Benefits of exercise

- Feeling better about yourself.
- Weight management and increased fitness level
- Lowered risk of heart disease, colon cancer, and type 2 diabetes
- Helps control blood pressure
- Better flexibility and posture
- Helps increase the strength of muscle and bones
- Prevents injuries
- Make you feel better with less worries.



2

Routine

Following the proper routine helps prevent injury and increases benefits. It is very important to warm up before and after exercise to prevent the muscles from becoming injured, tired or sore.

1. Warm up

It is very important to warm up your muscles to prevent them from getting tired or hurt.

- First, do a short aerobic activity. Jog, bike, or speed walk for five minutes.
- Then, do dynamic stretching. (see section 3)

2. Activity

Remember to exercise for a minimum of 30 minutes every day.

- Wear proper clothing for the activity, especially shoes that provide good support.
- Drink plenty of water while being active, and immediately after physical activity.

3. Cool down

It is very important to cool down your muscles to prevent them from becoming sore and helps to return the heart rate to normal.

- Jog, bike, or speed walk for five minutes.
- Finally, do static stretching to prevent soreness. (see section 3)

3

Stretching is Important

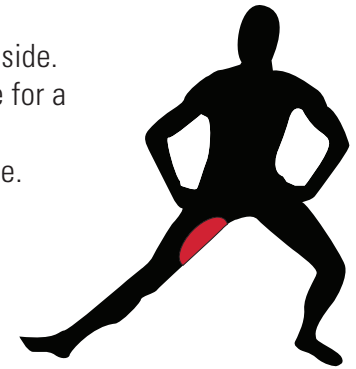
It is important to stretch to prevent injury. Stretching prepares the muscles for exercise and prevents them from getting tired. Stretch before and after exercise.

- **Dynamic** stretching before exercise reduces the chances of getting hurt.
 - Hold each stretch for 4 to 5 seconds and repeat 4 times.
 - Dynamic stretching prepares the muscles for the movements that will be performed during the activity.
- **Static** stretching after exercise increases flexibility and prevents soreness.
 - To stretch statically, hold each stretch for 20 seconds, one time only.
 - Static stretching increases range of motion.

Use the same stretches for both dynamic and static stretching. If any of the stretches hurt, stop immediately. Here is a sample stretching routine.

Groin

1. Bend the right knee.
2. Extend the left leg out to your side.
3. Then bend the right knee more for a greater stretch.
4. Repeat bending at the left knee.



Calf

1. Stand with your right leg in front of the other.
2. Lean forward until just before your left heel lifts off the ground keeping both knees bent.
3. Hold and repeat with opposite leg.



Triceps

1. Raise your right arm above the head.
2. Then bend arm at the elbow so the fingers are going down the back.
3. Take your left hand and grasp your right elbow
4. Hold and repeat with opposite arm



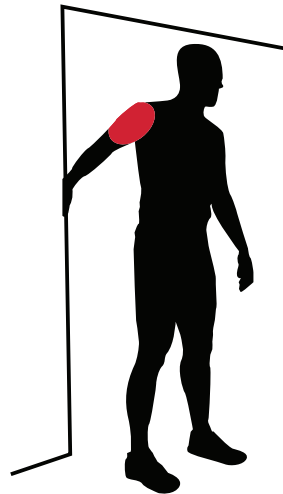
Quadriceps

1. Stand on your right leg.
2. Bend your left leg so that the heel of your foot is touching or close to your bottom.
3. Hold your left leg with your left hand.
4. Hold and repeat with opposite leg.



Biceps

1. Put your right hand against a wall with the palm facing out.
2. Then turn the body to the left.
3. Repeat with the left arm.



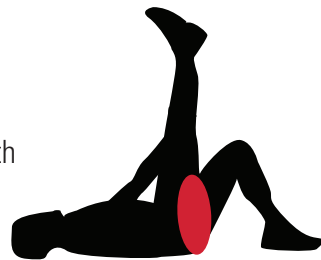
Side of leg

1. Cross your left leg over your right leg.
2. Then bend to the left.
3. Repeat with the right side.



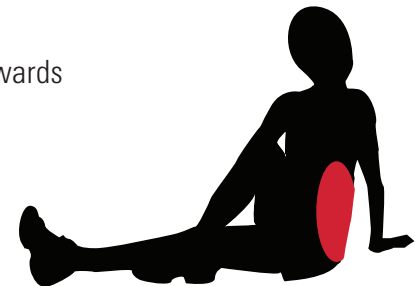
Hamstrings

1. Lay down on the ground.
2. Raise your right leg and grab it with both hands.
3. Slowly pull leg towards body.
4. Hold and repeat with opposite leg.



Low Back

1. Sit on your bottom.
2. Put left leg over the other with the knee up in the air.
3. Then twist the torso towards your left side.



4

Speed and Agility

Speed and agility is the ability to move quickly and change directions while maintaining control and balance.

• COMMUNITY CHALLENGE

Stair Races

Compete against your family members to see who can run up the stairs the fastest. Record the best time and try to beat it the next time.

• Activities to do with your family and friends

Red light/Green Light

Need: A large space.

Setup: Choose a starting line and a finish line, at least 15 meters apart. Pick one person to be the “stop light.” The person that is the Stop Light should face the finish line. Everyone else should line up on the starting line.

How to play:

1. The Stop Light will say ‘green light’ and the players run as fast as they can past the Stop Light towards the finishing line.
2. When the Stop Light says ‘red light’, everyone must immediately stop.
3. If a player does not stop when the Stop Light says ‘red light’ then that player must go back to the starting line.
4. When the Stop Light says ‘green light’ again, the players can continue toward the finish line.
5. The Stop Light should say ‘red light’ and ‘green light’ several times during the game.
6. The first person to reach the finish line is the new Stop Light.



Soccer game

Need: Soccer ball, two goals.

Setup: Split into teams or setup a distance of 15 meters.

How to play:

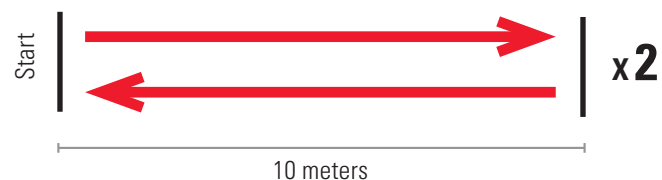
1. Dribble the soccer ball as fast as you can down a path of at least 15 meters.
2. Another option is to play a soccer game in the backyard or with a team.
3. Try to focus on going as fast as possible and being able to quickly change directions.



• Activity to do alone

Shuttle run

1. To practice the shuttle run, measure off a distance of at least 10 meters. Mark the boundaries at each end.
2. Run between the boundaries twice, and time how long it takes.
3. Try to beat your fastest time.



5

Power

Power is the ability to exert the maximum force in short time period.

• COMMUNITY CHALLENGE

Medicine Ball Throw

Compete with your family to see who can throw a medicine ball the furthest. Increase the weight of the medicine ball after a month.

• Activities to do with family and friends

Leap frog

Need: Large space

Setup: All of the players line up in a row, front to back. Each player squats down, placing their hands on the ground and bending at the knees.

How to play:

1. The last person in the line places their hands on the back of the next person in the line and leaps over that person.
2. They continue down the line jumping over each person.
3. When they have completed the whole line, they squat down at the front of the line.
4. The next person at the end of the line will do the same thing. Continue until every player has jumped several times.



Bowling

Needs: Bowling ball, bowling pins, bowling alley.

Setup: Create a bowling lane at home or go to a nearby bowling alley.

How to play:

1. Knock down as many pins as possible.
2. Try to use as much power as you can when rolling the ball down the lane.

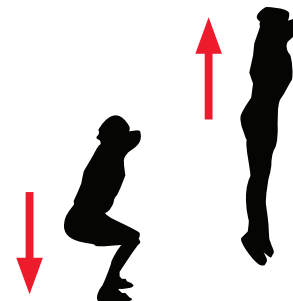


• Activity to do alone

Plyometrics

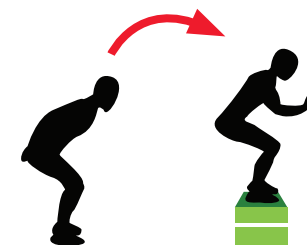
1. Squat jumps

Stand with your feet shoulder width apart. Then lower to a squat position using your legs and arms to jump as high as possible.



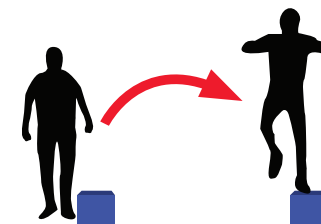
2. Forward box jumps

Face toward the box with your feet shoulder width apart. Then lower to a squat position and jump on to the top of the box.



3. Lateral box jumps

Stand with your side to the box with your feet shoulder width apart. Then lower to a squat position and jump on to the top of the box.



6

Strength

Strength is the ability to apply constant effort against resistance.

• COMMUNITY CHALLENGE

Muscle Competition

Compete with your family to see who can throw a medicine ball the farthest. Increase the weight of the medicine ball after a month.

• Activities to do with family and friends

Tug-of-war

Need: A rope and a line on the floor

Setup: Place the middle of the rope on the line. Separate the players into two equal teams. One team should grab each end of the rope.

How to play:

1. Both teams tug on the rope as hard as possible, attempting to pull the other team across the line.
2. Once one team crosses the line, the other team is declared the winner.



Simon Says

Needs: Space large enough for the players to have room to perform the exercises.

Setup: Pick someone to be "Simon."

How to play:

1. Simon tells the group to do strength exercises such as pushups, sit-ups, jumping jacks, etc, by saying "Simon says..." before each command.
2. However, if Simon does not say "Simon says" before giving the command then the players should not perform the command.
3. If a player does the command when Simon doesn't say "Simon says" then that player is out.
4. The last one in the game wins and becomes the new Simon.



• Activity to do alone

Strength workout

1. Use your own body weight to perform activities in 3 sets of 12 repetitions.
2. Pull-ups, push-ups, crunches, squats, jumping jacks, and lunges.



Jumping Jack



Crunch



Push-up



Coordination

Coordination is the ability to move two or more body parts together, smoothly and efficiently.

• COMMUNITY CHALLENGE

Juggling

Compete with your family to see who can juggle the longest. You can use different items such as scarves, balls, or pins.

• Activities to do with family and friends

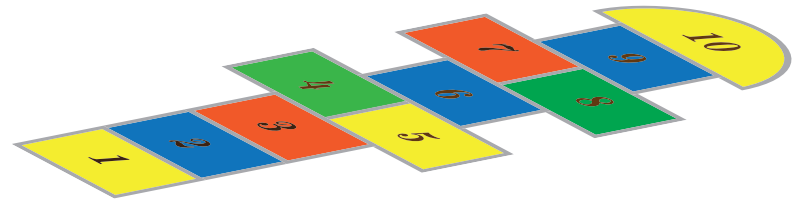
Hop scotch

Need: Chalk, an outdoor space, small object (coin or pebble)

Setup: The object of hopscotch is to hop in boxes drawn on the ground. There are many different designs for hopscotch. The traditional hopscotch design has ten boxes. The hopping order for this design is: 1, 2, and 3 on one foot, 4 and 5 together (one foot in each), 6 on one foot, 7 and 8 together (one foot in each), 9 on one foot, and stop in 10. You can come up with your own designs you make them more challenging and fun.

How to play:

1. Throw a small object into the design. Then the first person jumps into box 1 to begin the hopping sequence.
2. When the person comes to the box with the small object, they must skip that box by jumping over it.
3. If the person does not hop over the box containing the small object or hops on a line then their turn is over.
4. To make this activity harder, try placing more small objects in the design that the players must jump over.



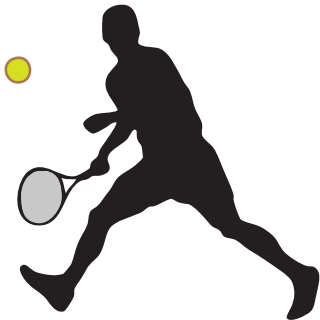
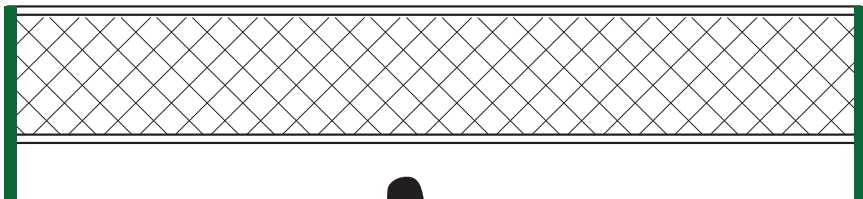
Tennis

Need: Tennis ball, racket, net (optional)

Setup: Set boundaries for the court.

How to play:

1. Hit the ball back and forth with a friend.
2. Another option is to play a game with 2-4 people.
3. Try to focus on hitting the ball to certain areas.

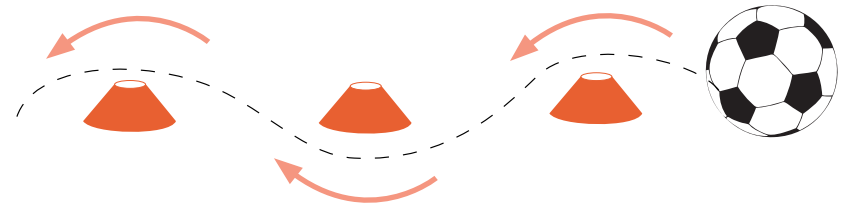


• Activity to do alone

Dribbling

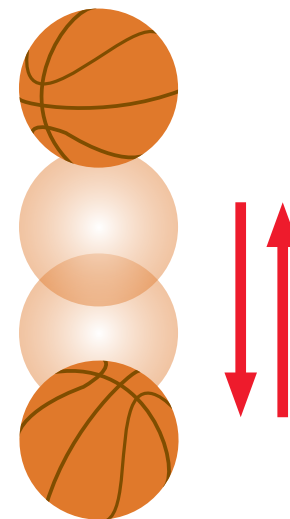
1. Soccer

Dribble 10 meters using your feet to change the direction of the ball.



2. Basketball

Dribble 10 meters switching which hands you use.





Balance

Balance is the ability to stay upright or stay in control of body movement

• COMMUNITY CHALLENGE

Flamingos Stand Challenge

Compete with your family to see who can hold the flamingo stance the longest. The flamingo stance is standing on one leg with the other foot resting on the knee and arms folded like wings.

• Activities to do with family and friends

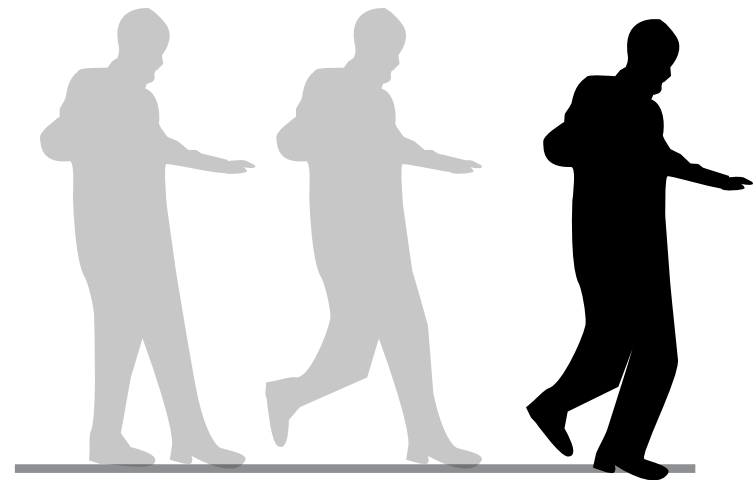
Tight Rope Walking

Need: Tape

Setup: Create a straight line on the floor with the tape.

How to play:

Attempt to walk the line without losing balance. With practice you will get better!



Freeze Tag

Need: Large space

Setup: Pick one person in the group to be "it." Then mark off a territory that everyone must stay within.

How to play:

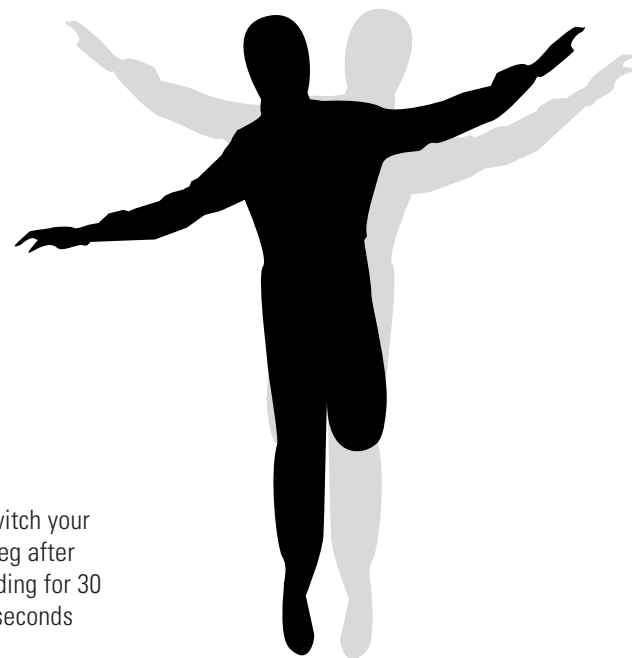
1. The person that is "it" says 'go', then tries to tag another player.
2. When a player gets tagged by the person that is "it" they must balance on one leg.
3. To be unfrozen, someone not 'it' comes and stands in front of the frozen player balancing on one leg for 5 seconds.
4. The game ends by a time limit or when everyone is frozen.



• Activity to do alone

Balancing

1. Stand on your right leg and hold for 30 seconds without letting your left foot touch the ground.
2. Switch legs and stand on your left leg for 30 seconds without letting your right foot touch the ground.
3. To help yourself balance, hold your arms out to the side.
4. If this is too easy, close your eyes while trying to balance on one foot.



Switch your leg after holding for 30 seconds

9

Flexibility

Flexibility is the ability to bend with a full range of motion.

• COMMUNITY CHALLENGE

Sit and Reach

Every week compete with the family to see who can reach the farthest. To perform the sit and reach, sit on the floor with your legs apart and reach forward bending at the waist. Measure from your starting point to the farthest reach.

• Activities to do with family and friends

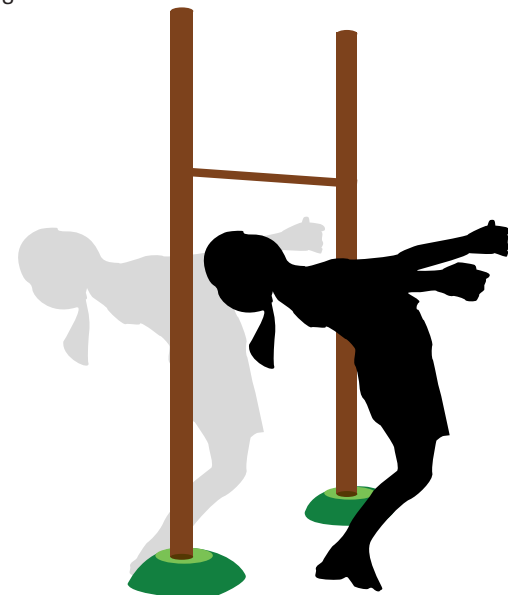
Limbo

Needs: A limbo pole and stand (or something similar – a yardstick and two chairs, for example).

Setup: The stand holds the limbo pole. Form a straight line behind the limbo pole.

How to play:

1. Bend the body at the back backwards to walk underneath the pole.
2. If a player puts their hands down on the ground or bumps the pole then they are out.
3. After everyone in the line has gone under the pole, lower it slightly.
4. The person who goes under the pole at the lowest position wins the game.



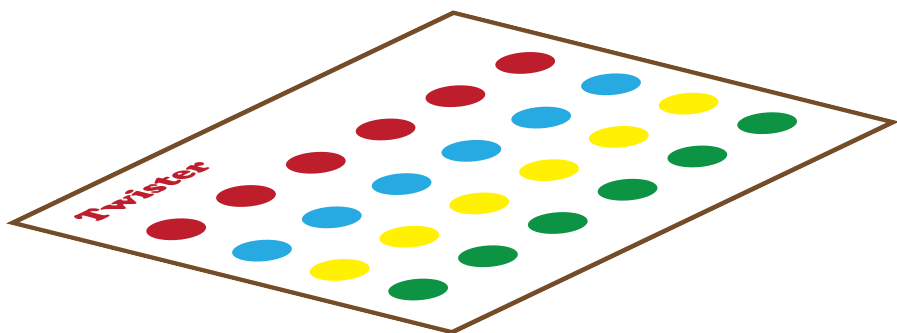
Twister

Needs: Twister mat

Setup: The mat has four rows of large colored circles on it with a different color in each row: red, yellow, blue and green.

How to play:

1. Play a game of Twister, following the rules of the game.
2. Try to focus on being as flexible as possible when reaching for the different colors.



• Activity to do alone

Flexibility Yoga

Try these poses to increase flexibility. If any of them hurt stop immediately. Hold all of these poses for one minute.

- Upward Salute

Stand with feet shoulder width apart. Then raise your arms up over the head and put hands together. Bend your back backwards.



- Cobra

Lay down on your stomach. Raise your body up using your arms and bend your back backwards.



- Warrior II

Bend one leg so that the thigh is parallel with the ground. Extend the other leg as far as possible. Then raise your arms so they are parallel with the ground.



- Reclining big toe

Lay down on your back. Raise one leg and try to slowly grab and hold the leg with the same side hand.



10

Aerobic Endurance

Aerobic endurance is the ability to exercise for long periods of time.

• COMMUNITY CHALLENGE

Jump Rope

Compete with your family to see who can jump rope the longest. Record the best time every day.

• Activities to do with family and friends

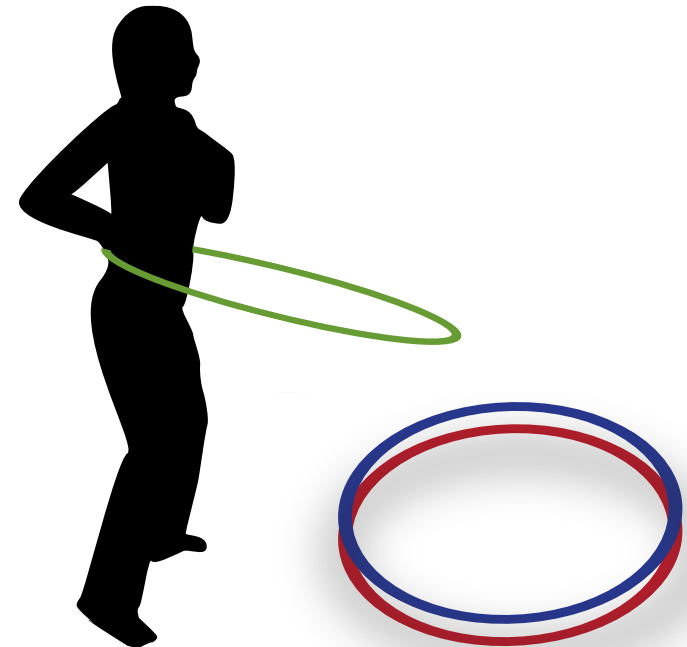
Hula Hooping

Need: Hula hoops

Setup: The players should spread out so that they all have plenty of room.

How to play:

1. Each player places a hoop around their body and spins it by rotating the hoop around the waist.
2. Try to keep the hoop rotating as long as possible.
3. The player who keeps the hula hoop going the longest wins.



Biking

Go on a family bike ride for 20-30 minutes. Always wear safety helmets and follow the rules for vehicles in your region.



- Activity to do alone

Running

Go for a light run around the neighborhood or at the gym. Remember to get at least 30 minutes of exercise every day.



11

Fitness Plan

- Make a plan to exercise for at least 30 minutes every day (Children and adolescents should exercise for at least sixty minutes every day.)
- Work on aerobic endurance or speed/agility 3 to 5 times a week
- Work on coordination, flexibility, and strength/power 2 or 3 times a week.
- Try keeping a log to ensure that all sports skills are covered.
- To make more time for exercise, cut down on sedentary activities such as watching television, playing video games, playing on the computer or sitting for long periods of time.
- Get started and stick to it!

Sample Schedule

SUNDAY	Speed and Agility
MONDAY	Aerobic
TUESDAY	Strength/Power
WEDNESDAY	Aerobic Coordination & Flexibility
THURSDAY	Strength/Power
FRIDAY	Speed and Agility, Coordination & Flexibility
SATURDAY	Day off

13

Resources

For more information on exercise visit these sources. Personal trainers, exercise physiologist, and health care providers are also great resources to use for more information on exercise.

Special Olympics

www.specialolympics.org

The website has great information about all the sports offered by the Special Olympics. There are home training guides for most of the sports offering sport specific exercises.

My Pyramid.gov

www.mypyramid.gov

Information and tips on how to become more active and live a healthy lifestyle.

American Heart Organization

www.heart.org

Provides information about exercising to stay healthy.

The American College of Sports Medicine (ACSM)

www.acsm.org

Can be used to locate reading material and seminars on exercise information.

National Highway Traffic Safety Administration

www.nhtsa.dot.gov

Find safety and rules for biking on the road.

References:

1. (2007). Retrieved June 2010, from American College of Sports Medicine: <http://www.acsm.org>
2. (2010). Retrieved June 2010, from American Heart Association Web site: <http://www.heart.org>
3. Inside the Pyramid. (2009, April). Retrieved June 2010, from My Pyramid: <http://www.mypyramid.gov>

TRACK YOUR SUCCESS

WHAT DID YOU DO TODAY?

- Mark each way you chose to be healthy.
- Use the two blank boxes to track other ways you chose to be healthy.



#1. Be more active

Try to exercise at least 30 minutes a day.
Play a game outside instead of watching TV.

2. Eat more fruits and vegetables

Eat at least 5 a day.
Eat fruits and vegetables for a snack instead of junk food.



3. Drink more water

Carry a water bottle throughout the day.
Drink water instead of soda.



For more ideas on how to become a healthier athlete, look at the TRAIN@Home nutrition and exercise guide books.

TODAY I CHOSE TO

SUN MON TUES WED THUR FRI SAT

Be More Active

Eat More Fruits and Vegetables

Drink more water



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