

# ATHLETE FITNESS SCORECARD

Special Olympics  
**FUNfitness**



## what I need to improve

- Flexibility
- Strength
- Balance
- Aerobic Fitness
  
- Referral to a Physical Therapist Recommended
  
- Referral to Doctor or other health professional Recommended

**Reason:** \_\_\_\_\_

\_\_\_\_\_

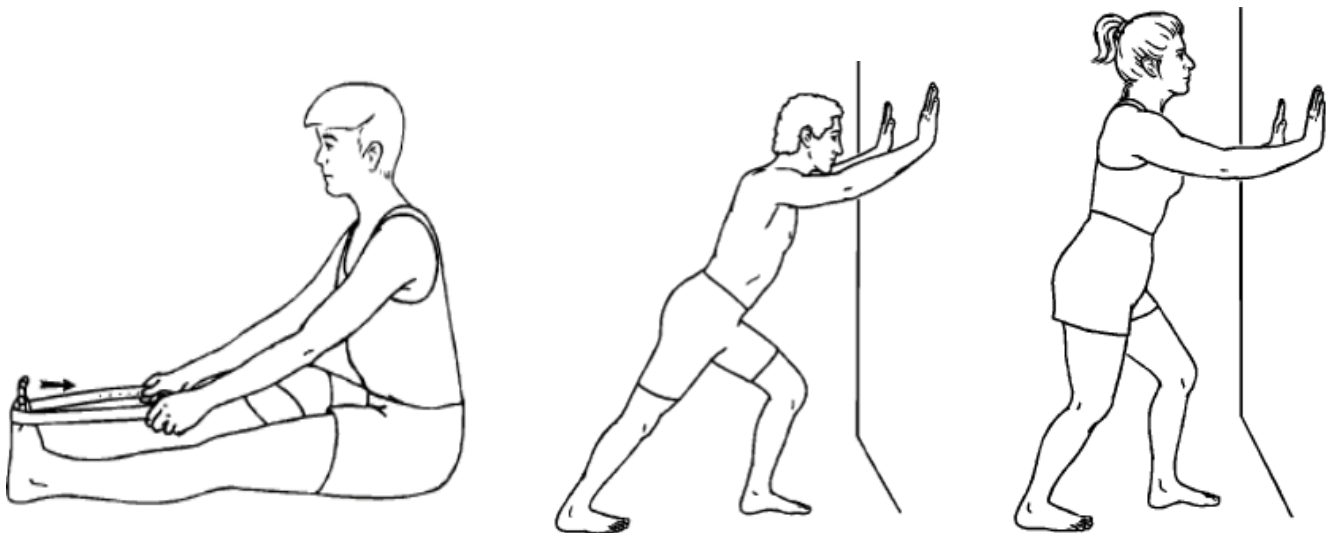
## Hamstring Stretch



Repeat \_\_\_ times on:  
\_\_\_\_\_ Left side  
\_\_\_\_\_ Right side

Count to \_\_\_\_\_ for each stretch

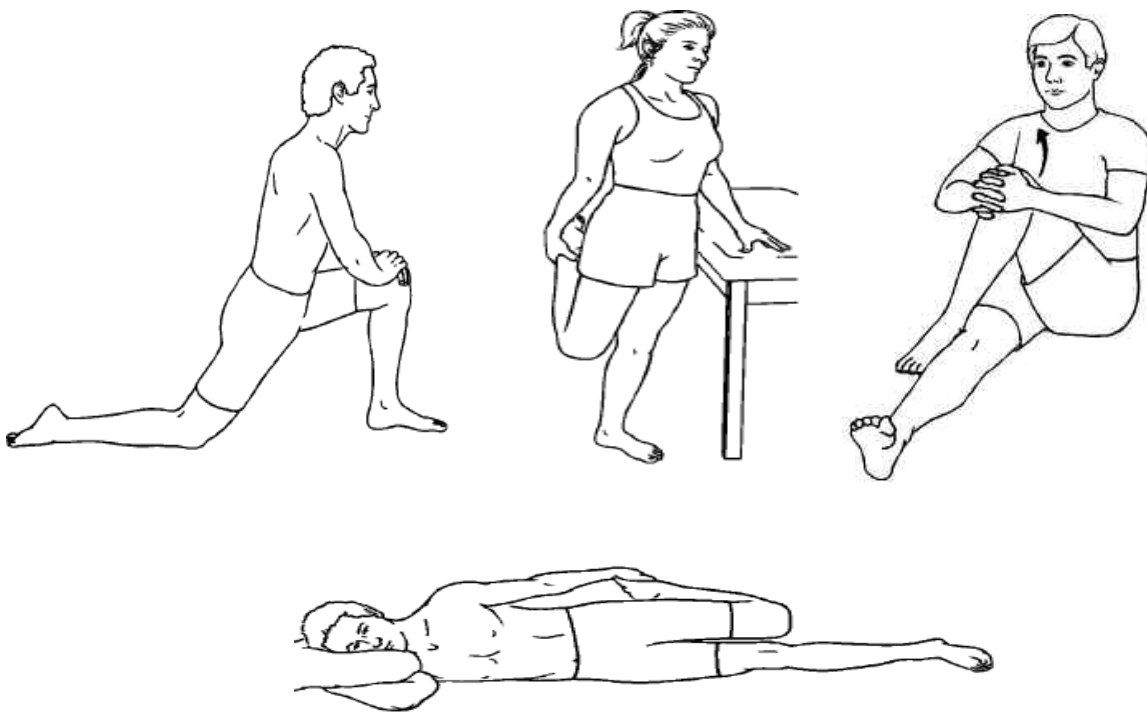
## Calf Stretch



Repeat \_\_\_ times on:  
\_\_\_\_\_ Left side  
\_\_\_\_\_ Right side

Count to \_\_\_\_\_ for each stretch

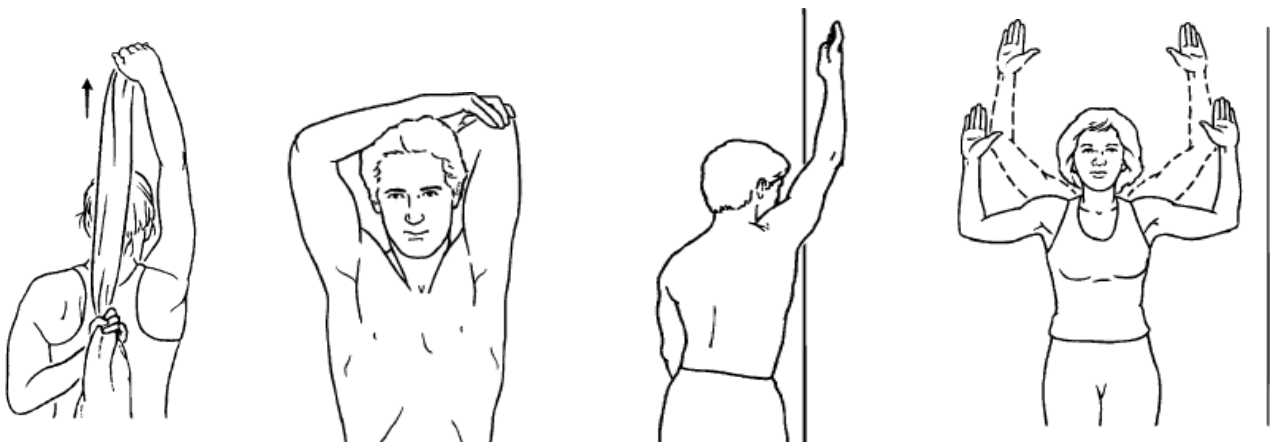
## Hip Stretch (Anterior Hip)



Repeat \_\_\_ times on:  
\_\_\_\_\_ Left side  
\_\_\_\_\_ Right side

Count to \_\_\_\_\_ for each stretch

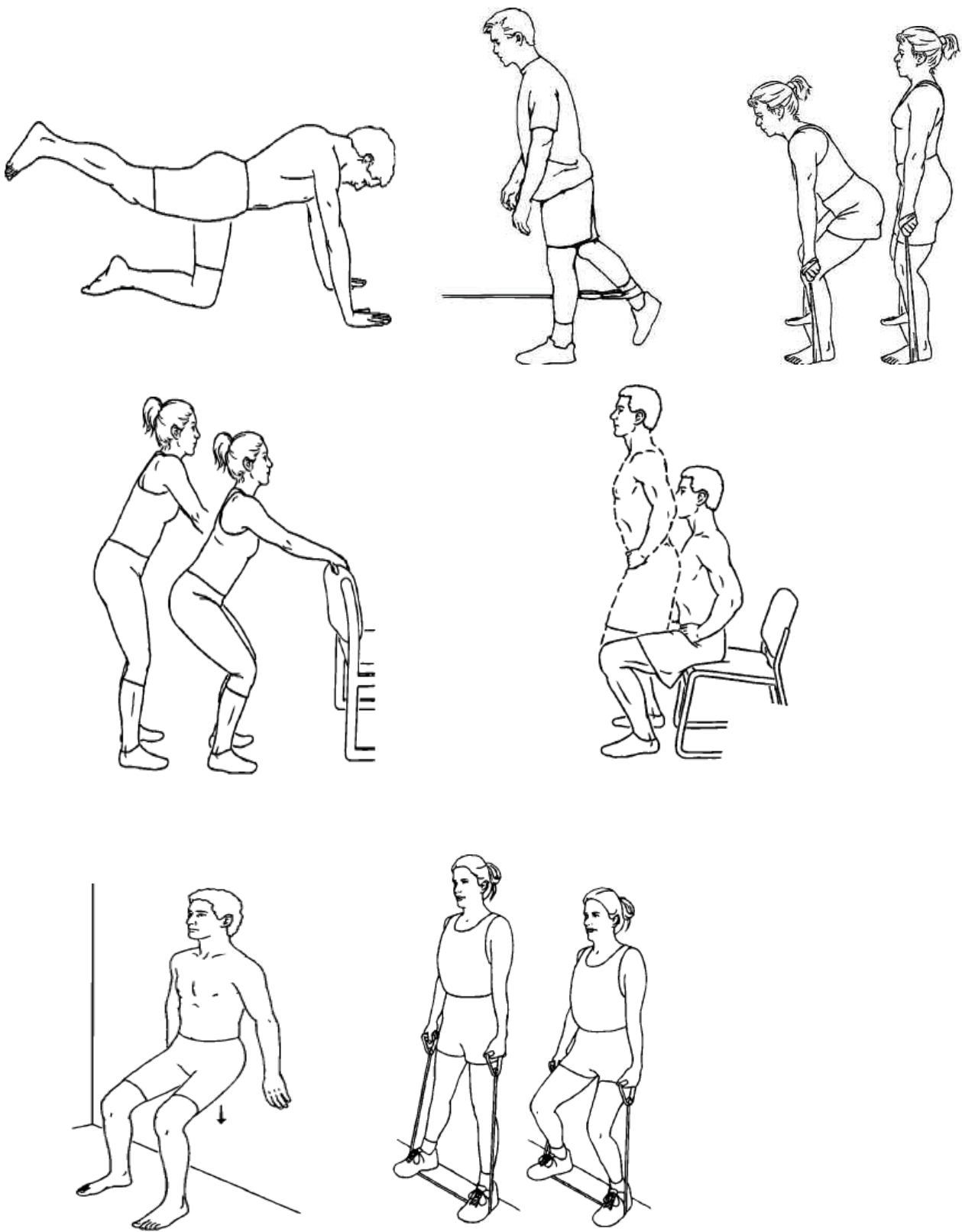
## Shoulder Stretch



Repeat \_\_\_ times on:  
\_\_\_\_\_ Left side  
\_\_\_\_\_ Right side

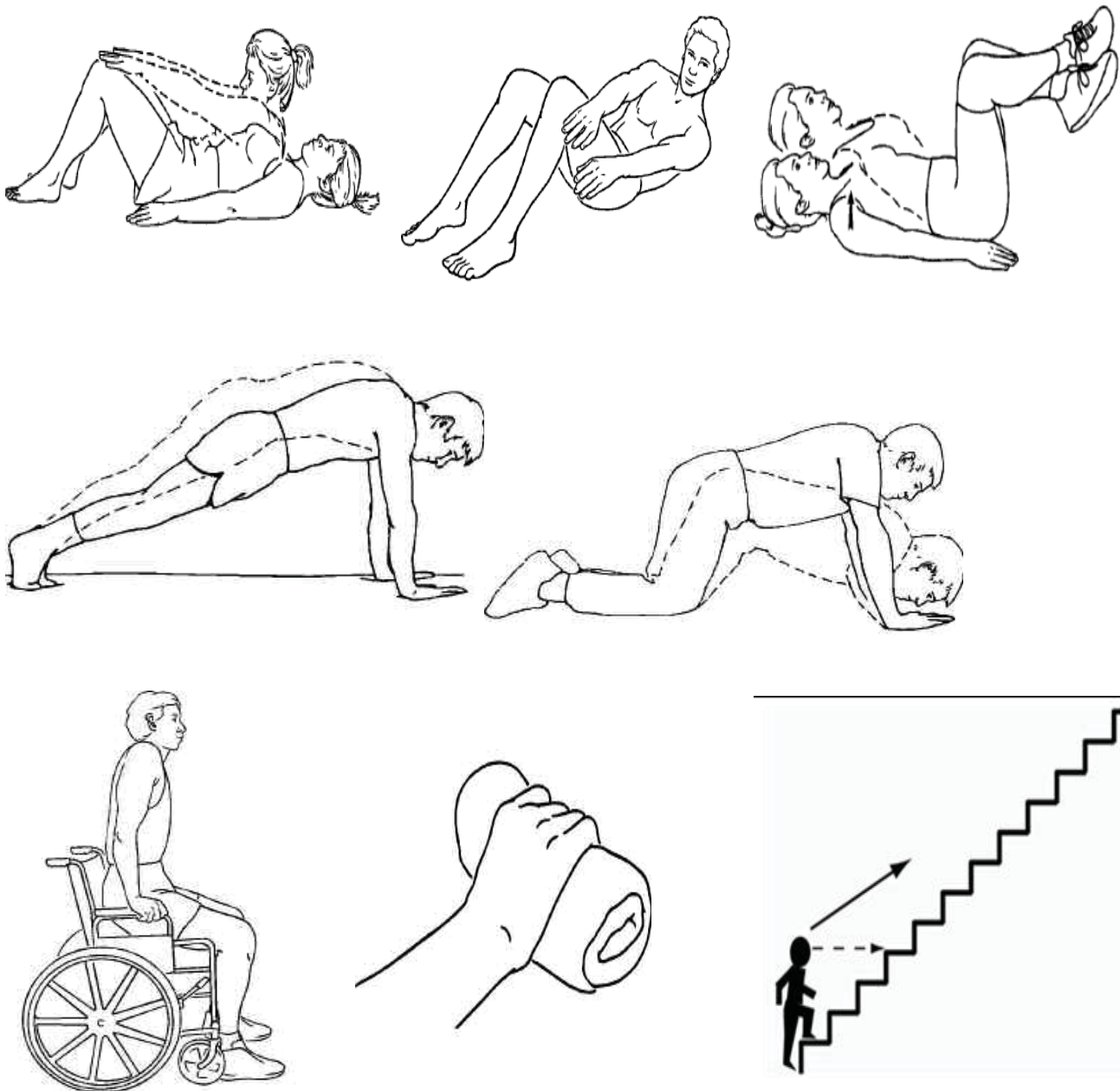
Count to \_\_\_\_\_ for each stretch

**Strengthening:**



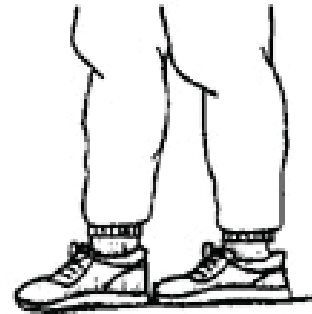
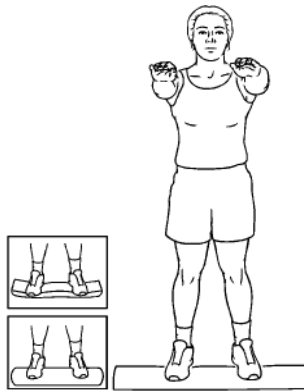
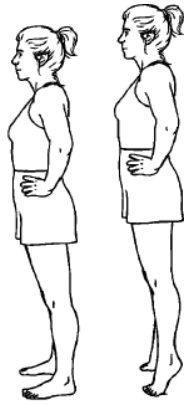
**Repeat \_ times EACH DAY**

**Strengthening:**

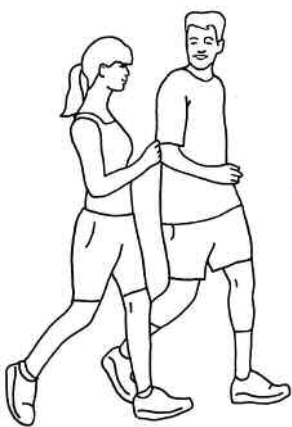


**Repeat \_times EACH DAY**

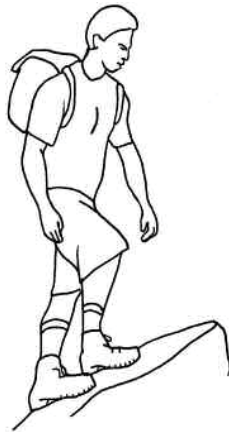
**Balance:**



**AEROBIC Fitness – 30-60 minutes at least 4 days each week**



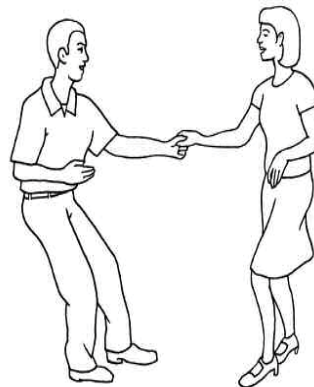
Walk



Hike



Bicycle



Dance



Wheel Jog

**What else do YOU CHOOSE to improve your fitness: \_\_\_\_\_**

# PREVENTING FALLS

## What is a FALL?



A Loss of Balance

OR

Uncontrolled contact with a surface (like the floor) or an object (like a table or a person )



## Why do we FALL?

Effects from medicines



Poor eyesight



Poor balance



Weak muscles



Unsafe environment: Worn-out shoes

Poor lighting

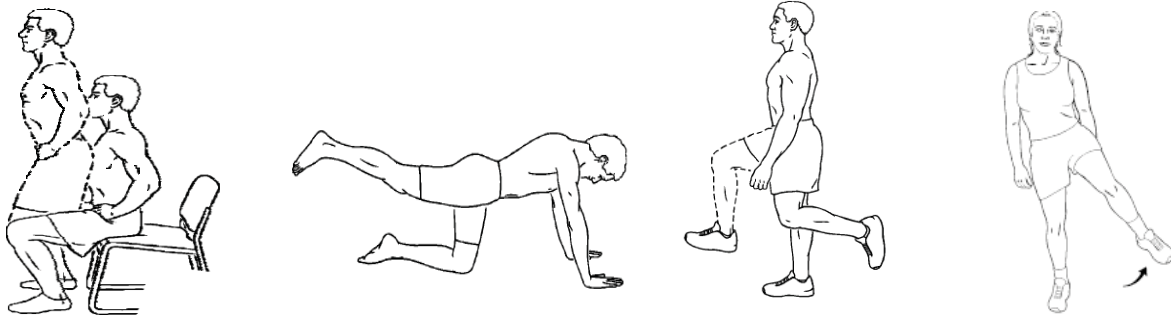
Clutter



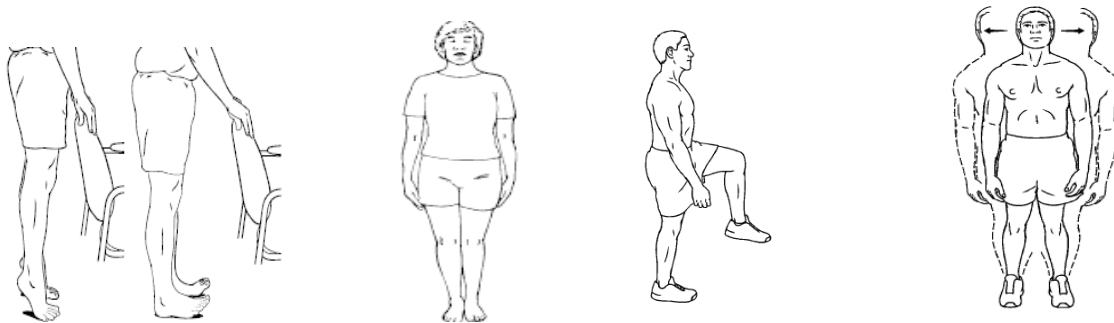
We ALSO fall more as we get **OLDER**

# HOW can we keep from FALLING?

## 1. Strength Exercises



## 2. Balance Exercises



## 3. Get your eyes checked

## 4. Take your medicines correctly



## 5. Make your home safe:



Bright lights



Good shoes



Grab bars in  
bathtub or shower