

Africa Region
Version



FIT 5
Fitness Cards



Special
Olympics



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Thank you to our sponsors:



Special Olympics
Health

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Special thanks to the athletes and leaders featured in this guide:
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About this guide



Health of a Hidden Population

Without exception, people deserve every opportunity to be healthy. Despite severe need and higher health risks, people with intellectual disabilities (ID) are often denied health services and opportunities for increasing their fitness and wellness, resulting in pronounced health disparities and reduced life expectancy.

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Inclusive Health and **Fitness** are important aspects of the Special Olympics mission. Physical activity, adequate nutrition and hydration, accessing quality health care and obtaining opportunities that promote fitness and wellness, will end the health inequality faced by populations with ID. Learn more about how Special Olympics is making a difference all over the world by visiting our website for more information and resources.

At this time of global crisis, we are doing everything we can to provide the necessary support to everyone in our communities to stay fit and healthy. This guide, designed specifically with Special Olympics athletes in mind, can be used by anyone wishing to stay safe and protect their health while staying at home and practising safe physical distancing.

Stay safe and keep fit!



Charles Nyambe
President & Managing Director
Special Olympics Africa Region

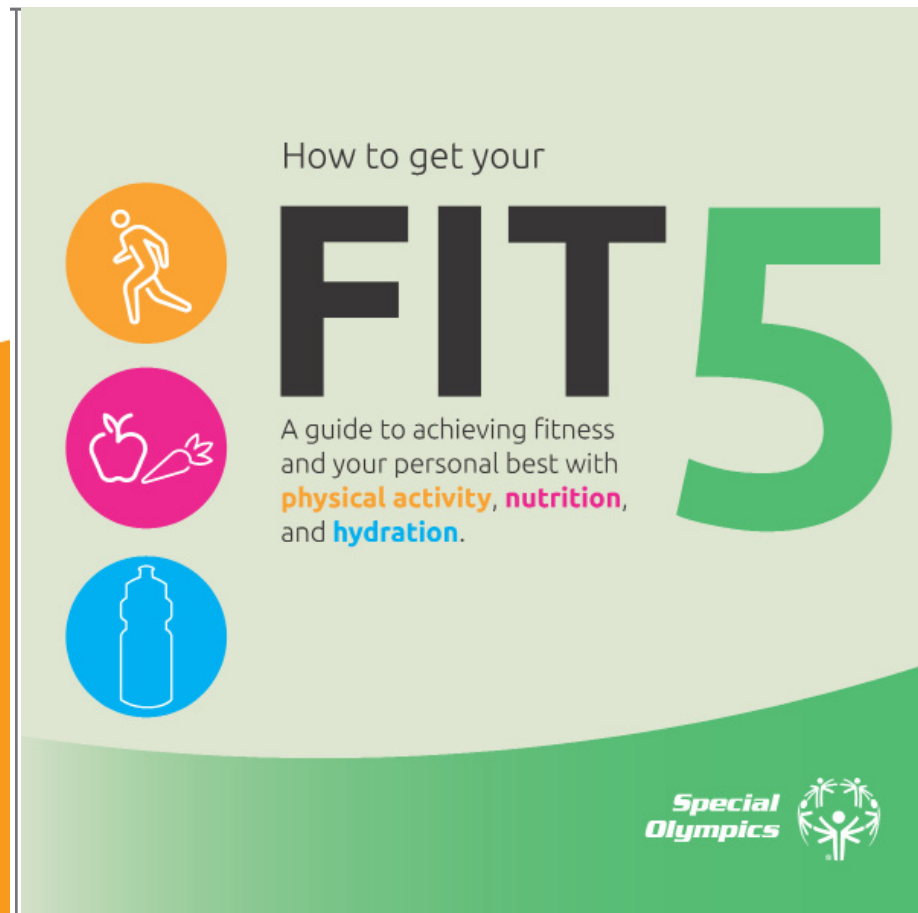


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What is FIT 5?

Athletes want to perform their best at every competition. You can do this by being fit.

Fit 5 is a plan for physical activity, nutrition, and hydration.

It can improve your health and fitness to make you the best athlete you can be!

Goals of FIT 5



EXERCISE
5
days a week



EAT
5
total fruits and vegetables per day



DRINK
5
water bottles per day

My Fit 5 Tracker



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Exercise

Check the box if you exercised today!
Write in the number of minutes you spent active.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes

Nutrition

How many fruits and vegetables did you eat?
Tick off the boxes.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hydration

How many bottles (500 ml) of water did you drink?
Tick off the boxes.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fill in the circle if you reached your Fit 5 goal this week!

Exercise

Nutrition

Water



PHYSICAL ACTIVITY

MY GOAL:

Exercise or do physical activity
5 days a week

PHYSICAL ACTIVITY

Staying active can keep your body healthy and strong so you are ready when sports practice starts again.

Do things that make your heart beat faster and make you breathe harder.

There are many ways to be active at or near the home, even while practicing social distancing!



Social distancing

means stay 6 feet
or 1.5 meters
away from others

EXERCISE IDEAS

While practising social distancing

- Practice sports drills by yourself or with family
- Turn on some music and dance!
- Clean your house or do yard work
- Walk or jog around your home or neighborhood
- Practice some of your favorite exercises - the next few cards can give you a great workout!

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PHYSICAL ACTIVITY

MY GOAL:

Exercise or do physical activity
5 days a week

PHYSICAL ACTIVITY IS ANYTHING YOU DO THAT MAKES YOU MOVE. IT'S EASY TO FIT PHYSICAL ACTIVITY INTO YOUR EVERYDAY

What do you like to do to be more active?



Remember to stay hydrated when you exercise.

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PHYSICAL ACTIVITY

MY GOAL:

Exercise or do physical activity
5 days a week

BEING MORE ACTIVE MAKES US HEALTHIER



Improves sleep



Lowers blood pressure



Reduces appetite



Strengthens bones



Improves mood



Helps manage weight



Boosts brain power



Increases energy

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Endurance

Do each exercise for 30 - 60 seconds

Repeat 3 times

March or Jog in Place

March or jog while standing in one spot.

Switch your arms while you switch your legs.

Go at a steady pace. You can change your pace to make the exercise easier or harder.

OR

High Knee Jog in Place

Try to get your knees as high as you can while you jog in place.

Swing your arms the whole time.



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Endurance

Do each exercise for 30 - 60 seconds

Repeat 3 times

Quick Punches

Stand with your feet a little wider than your shoulders. Bend your knees slightly.

Turn toward your left side. Punch your right arm in that direction.

Return to the center with both hands in fists by your chest and elbows down by your side.

Now, turn toward your right side.

Punch your left arm in that direction.



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Endurance

Do each exercise for 30 - 60 seconds

Repeat 3 times

Jumping Jacks

Jump up and spread your legs apart as you swing your arms over your head.

Jump again and bring your arms back to your sides and your legs together.

OR

Forward Jacks

Stand with one foot in front of the other and your arms down by your sides.

Jump up and switch your feet. Swing your arms over your head.

Jump back to the starting position.



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Strength

Do 10 - 20 of each exercise, then move to the next one

Repeat 3 times

Chair Squats

Stand in front of a chair with your arms straight out in front and your feet apart.

Without using your hands, bend at the knees and hips until you are seated in the chair.

Stand back up using your legs only.

OR

Squats

Stand with your arms straight out in front and your feet apart.

Bend at the knees and hips, until it's like you are seated in a chair, and then stand back up.

Keep your chest up and your feet flat on the floor.



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Strength

Do 10 - 20 of each exercise, then move to the next one

Repeat 3 times

Wall Push-Ups

Stand with hands placed flat on wall at shoulder level and straight arms. Your feet should be behind you so that you are leaning on the wall.

Keep your feet in place and body straight. Bend your arms to bring your chest toward the wall.

Push your arms straight to return to the starting position.

OR

Push-Up from Knees

See next page

OR

Plank Hold

See following page



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Strength

Do 10 - 20 of each exercise, then move to the next one

Repeat 3 times

Push-Up from Knees

Start on your hands and knees. Walk your hands forward and lower your hips until your body is straight. Raise your feet.

Bend your elbows and lower your body toward the ground until your chest touches.

Push your body back up to the starting position while keeping your body straight.

OR

Plank Hold

See next page



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Strength

Do 10 - 20 of each exercise, then move to the next one

Repeat 3 times

Plank Hold

Start on your hands and knees. Straighten your legs out behind and put the balls of your feet on the floor.

Keep your elbows straight and your body in a long line from heels to head.

Keep your muscles tight and hold this position for 20 seconds.



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Strength

Do 10 - 20 of each exercise, then move to the next one

Repeat 3 times

Curl-ups

Lay on the floor. Bend your knees so your feet are flat on the floor. Reach your arms toward your knees.

Bring your head, neck, and upper back off the ground as you reach toward your knees. Pause and then slowly lower back to the starting position.

OR

Shin Touches

See next page



Strength

Do 10 - 20 of each exercise, then move to the next one

Repeat 3 times

Shin Touches

Lay on the floor. Put your legs straight up over your hips and your arms over your head.

Bring your head, neck, and upper back off the ground as you reach toward your shins. Pause and then slowly lower back to the starting position.



Balance

Do each exercise for the time or repetitions in the instructions

Repeat 3 times

Single Leg Stance

Stand on one leg with your arms out to the side.

Try holding this position for 30 seconds.

Note: you can stand near a wall in case you're worried you might fall.



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Balance

Do each exercise for the time or repetitions in the instructions

Repeat 3 times

Walk on a Line

Find or make a straight line on the floor.

Put one foot in front of the other.

Walk on the line for 20 steps.

Tip: Change directions if your line is not long enough for 20 steps.



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Flexibility

Practice each stretch for 30 seconds

Repeat for each side

Knee to Chest

Lie on your back and bring your right knee toward your chest.

Gently pull your leg closer to your body until you feel a stretch in the back of your thigh.



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Flexibility

Practice each stretch for 30 seconds

Repeat for each side

Overhead Triceps Stretch

Raise one arm and bend your elbow so that your hand touches your back.

Grasp your elbow with your other hand and gently pull your arm closer until you feel a stretch in your upper arm.



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Flexibility

Practice each stretch for 30 seconds

Repeat for each side

Modified Hurdler Stretch

Sit on the floor with your legs straight out in front of you.

Bend your right knee, placing the bottom of your foot on the inside of your left knee.

Bend your hips and reach toward your left foot until you feel a stretch in the back of your left leg and the inside of your right hip.



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NUTRITION

MY GOAL:

Eat at least 5 fruits and vegetables every day.

I CHOOSE TO EAT MORE FRUITS AND VEGETABLES...

WHY?

- They give your body important vitamins, minerals and energy needed for good health.
- Provide energy for your sports performance

HOW?

- Eat a fruit a day with lunch
- Make half my plate fruits and vegetables every day. Have a salad for lunch
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks and snap peas
- Make a fruit smoothie with low fat milk or low fat plain yoghurt for dessert



TIP:

Fresh, local and in season fruits and vegetable are the best!



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NUTRITION

MY GOAL:
Eat at least 5 fruits and vegetables every day.

CREATING A HEALTHY PLATE

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating.

This plate has all the food groups, with some great choices in each group!



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NUTRITION

MY GOAL:
Eat at least 5 fruits and vegetables every day.

IT'S EASY EVERY DAY



Make half my plate fruits and vegetables



Include fruit at breakfast



Include a salad for lunch and dinner



Eat a rainbow of colors



Add vegetable to soups, broth and sandwiches and other foods



Plant a vegetable or fruit garden at home or in your community

TRACK YOUR DAILY 5 FRUITS AND VEGETABLES IN YOUR FIT 5 TRACKING TOOL



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HYDRATION

MY GOAL:
Drink 5 bottles of water every day

WHY HYDRATION IS IMPORTANT

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best



Water is the best choice for hydration!

WATER FOR HEALTH AND SPORT PERFORMANCE

- Drink enough water throughout the day to stay hydrated
- Your bottle should be 16 - 20 ounces or 500 - 600 ml



TIP:
Drink out of a sports water bottle - they are refillable and can hold the right amount of water



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HYDRATION

MY GOAL:
Drink 5 bottles of water every day

SIGNS OF DEHYDRATION

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown



Drink water right away, slow down and cool off

URINE CHART

How to tell if you are hydrated

1		Hydrated Keep up the good work!
2		
3		
4		Dehydrated Drink water.
5		
6		
7		Very Dehydrated Drink water. See a doctor, if your urine continues to stay this color
8		



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SYMPTOMS



COUGH



SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS



FEVER



CHILLS



REPEATED
SHAKING
WITH CHILLS



MUSCLE
PAIN



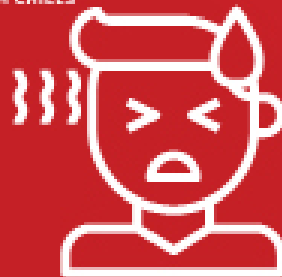
HEADACHE



SORE
THROAT



NEW LOSS
OF TASTE
OR SMELL



**CALL YOUR
HEALTHCARE
PROVIDER IF YOU
HAVE ANY OF
THESE SYMPTOMS**

HOW DOES IT SPREAD?

The virus spreads from one person to others through



The air when someone with COVID-19 coughs or sneezes



Respiratory droplets. These tiny wet drops spray out when a person who has COVID-19 coughs, sneezes or talks



Touching or shaking hands



Touching your eyes, mouth, or nose after touching an object or surface an infected person also touched

HOW TO PROTECT YOURSELF?



Washing your hands often with soap and water for at least 20 seconds



Cover your mouth and nose with a face covering when around others



Practice social distancing. This means stay 6 feet or (about 2 meters) away from others



Stay home as much as possible, and definitely when you are sick



Clean surfaces with disinfectant



Don't touch your eyes, nose and mouth with unwashed hands



Cover your nose and mouth when you sneeze or cough

HANDWASHING

MY GOAL:
Have clean hands and
prevent spread of germs

HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading



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WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

- Sing Happy Birthday to yourself twice
- OR
- Sing the alphabet song to yourself



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HANDWASHING

MY GOAL:
Have clean hands and
prevent spread of germs

6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS



APPLY SOAP



WASH YOUR HANDS
FOR 20 SECONDS

Don't forget to scrub between your fingers, under your nails, and the top of your hands



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER WITH
PAPER TOWEL

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