

Africa Region  
Version



# FIT 5

## Fitness Cards



*Special  
Olympics*



# Thank you to our sponsors:



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

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# About this guide



Fit 5 Tracker

Exercise

Food and Nutrition

Hydration

Handwashing

COVID-19

***Special  
Olympics***





# 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

**Special  
Olympics**







# FIT 5

## Fitness Cards



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How to get your



# FIT5

A guide to achieving fitness  
and your personal best with  
**physical activity**, **nutrition**,  
and **hydration**.

***Special  
Olympics***





# 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.

☐

Minutes

☐

Minutes

☐

Minutes

☐

Minutes

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Minutes

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Minutes

☐

Minutes

## Nutrition

How many fruits and vegetables did you eat?

Tick off the boxes.

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## Hydration

How many bottles (500 ml) of water did you drink?

Tick off the boxes.

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

Exercise

☐

Nutrition

☐

Water

☐





# PHYSICAL ACTIVITY

## MY GOAL:

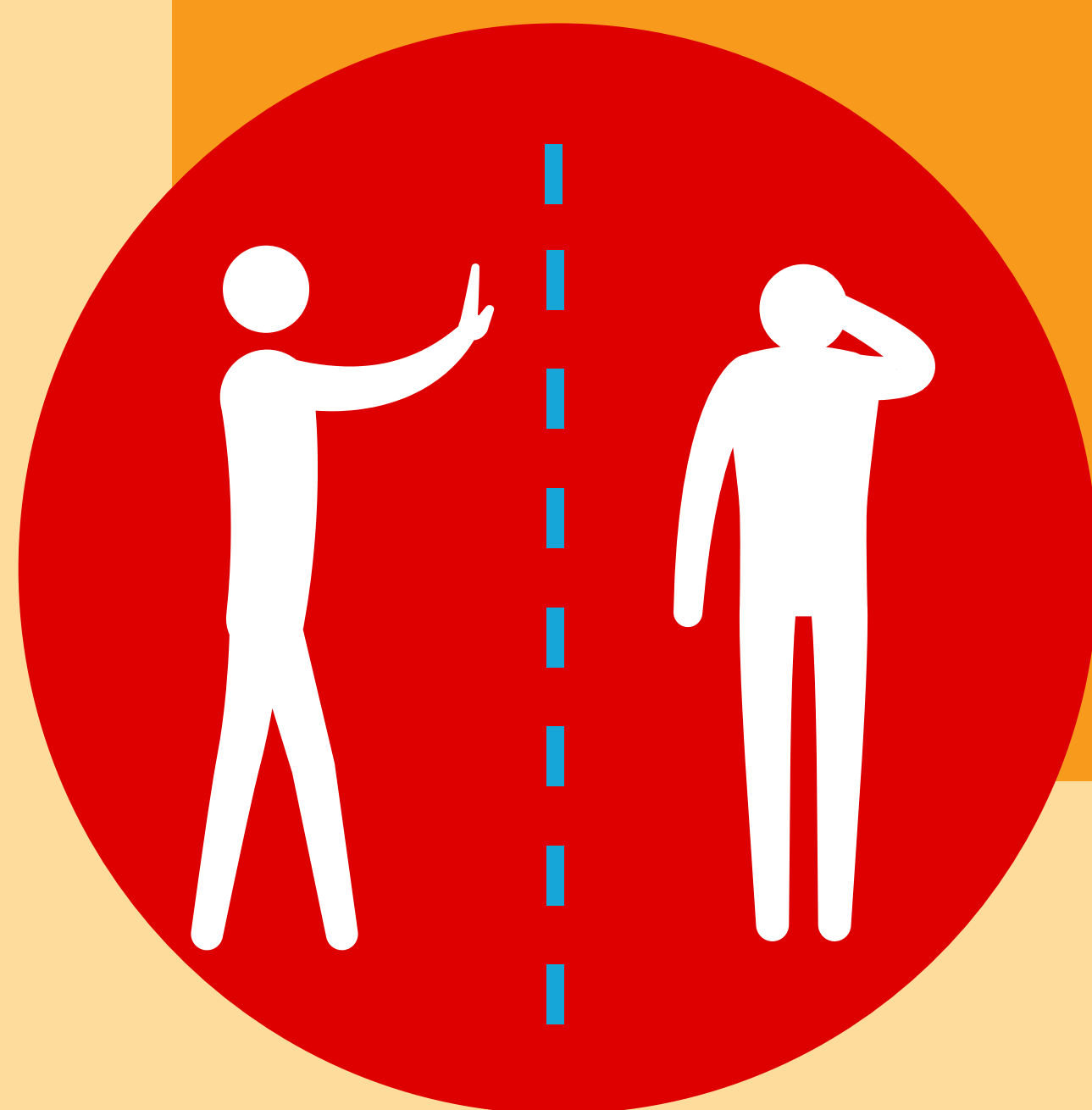
Exercise or do physical activity  
5 days a week

## 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!





# 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.







# 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**



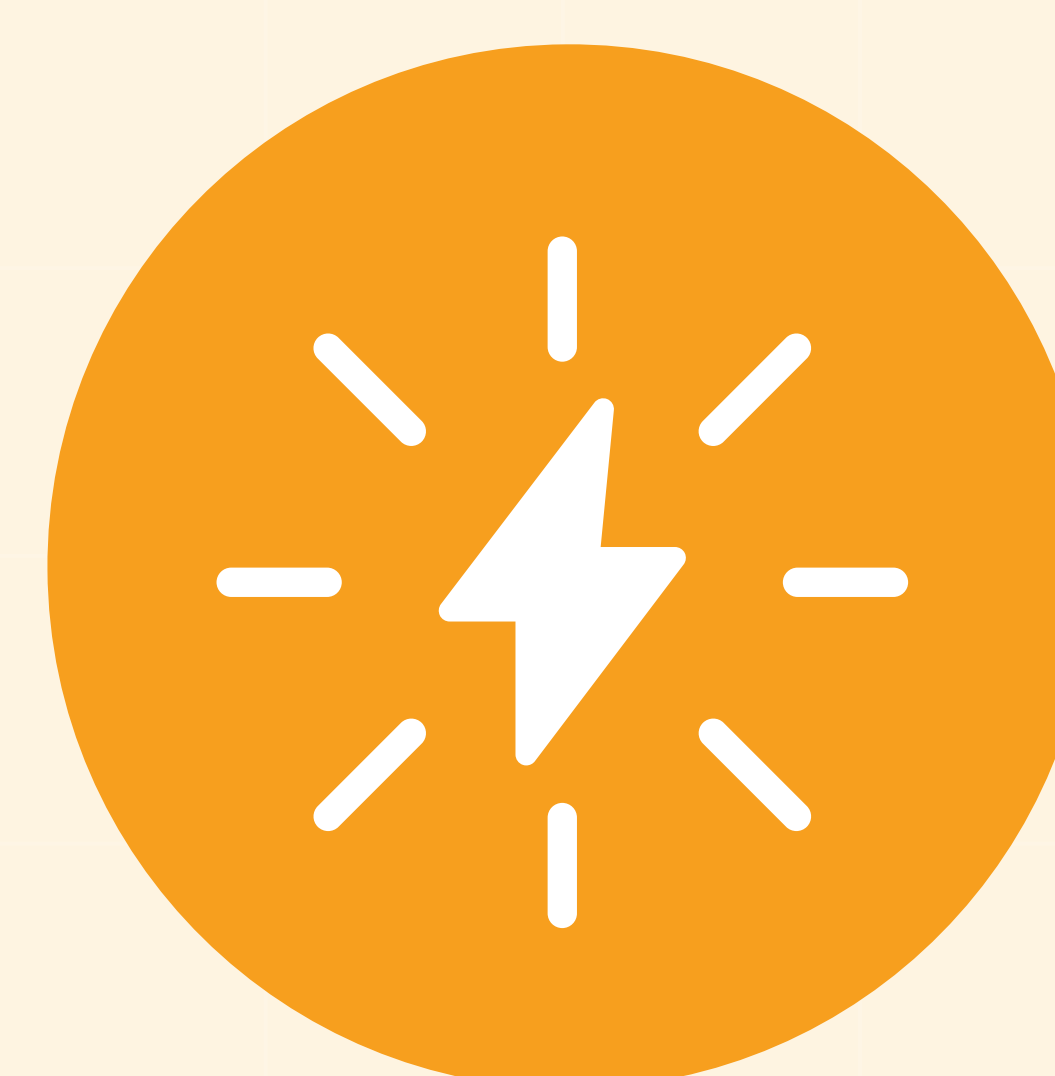
**Improves mood**



**Helps manage weight**



**Boosts brain power**



**Increases energy**





# 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.

1



2





# 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.





# 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.

1



2





# 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.





# 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





# 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



2





# 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.



3



# 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.

2





# 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.





# 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.





# 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.





# 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.





# 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.







# 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

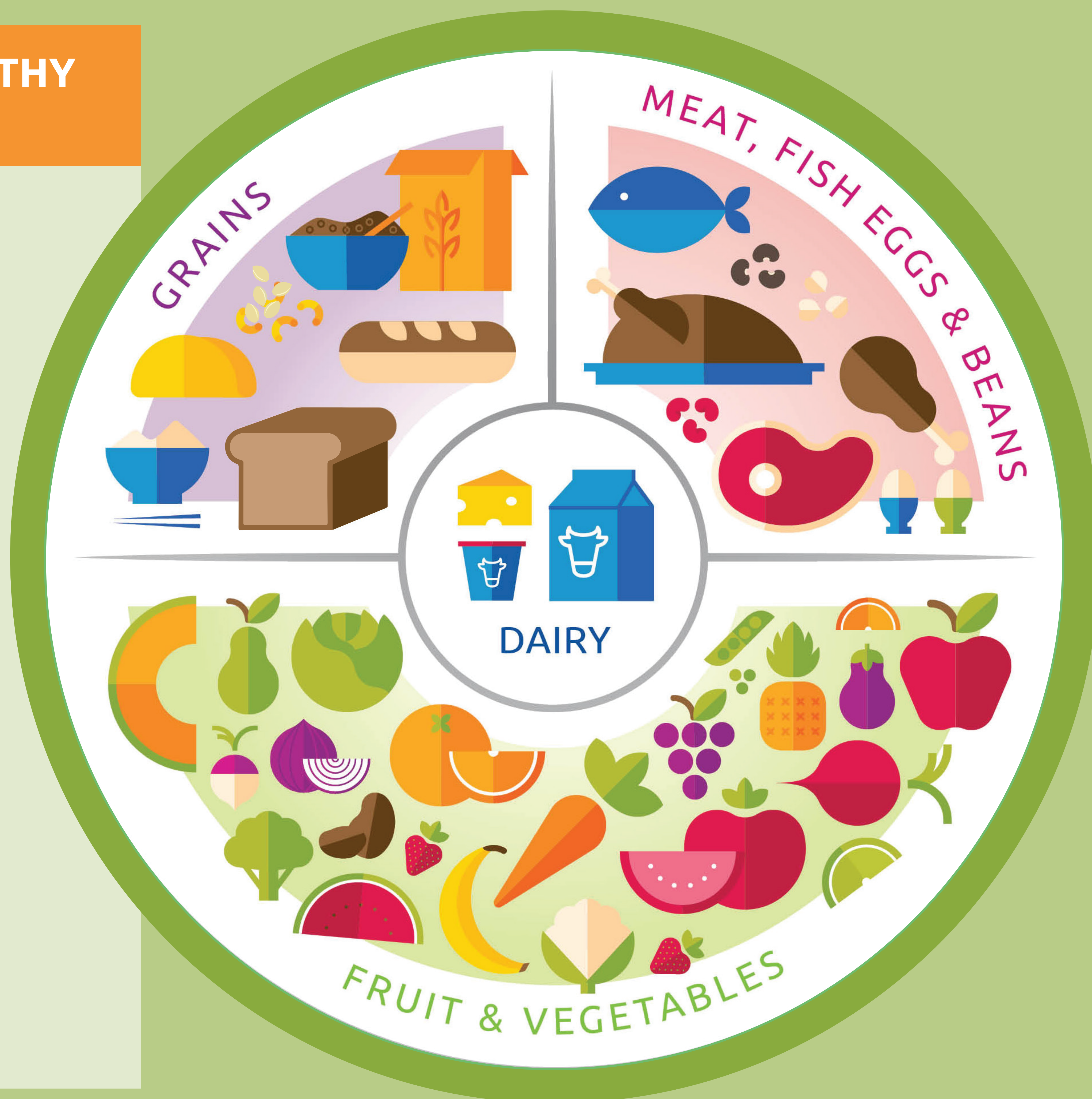
## MY GOAL:

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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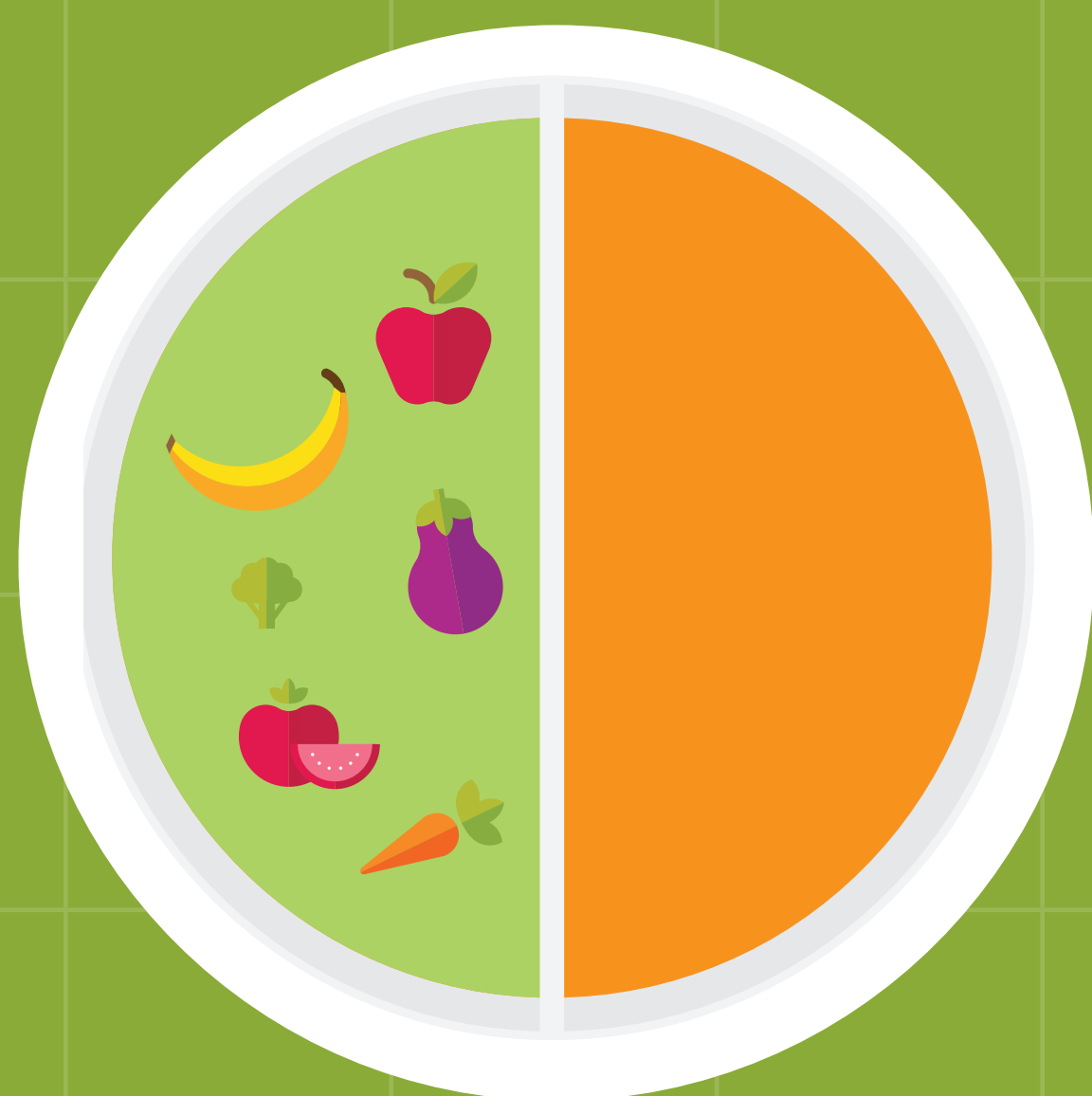


# NUTRITION

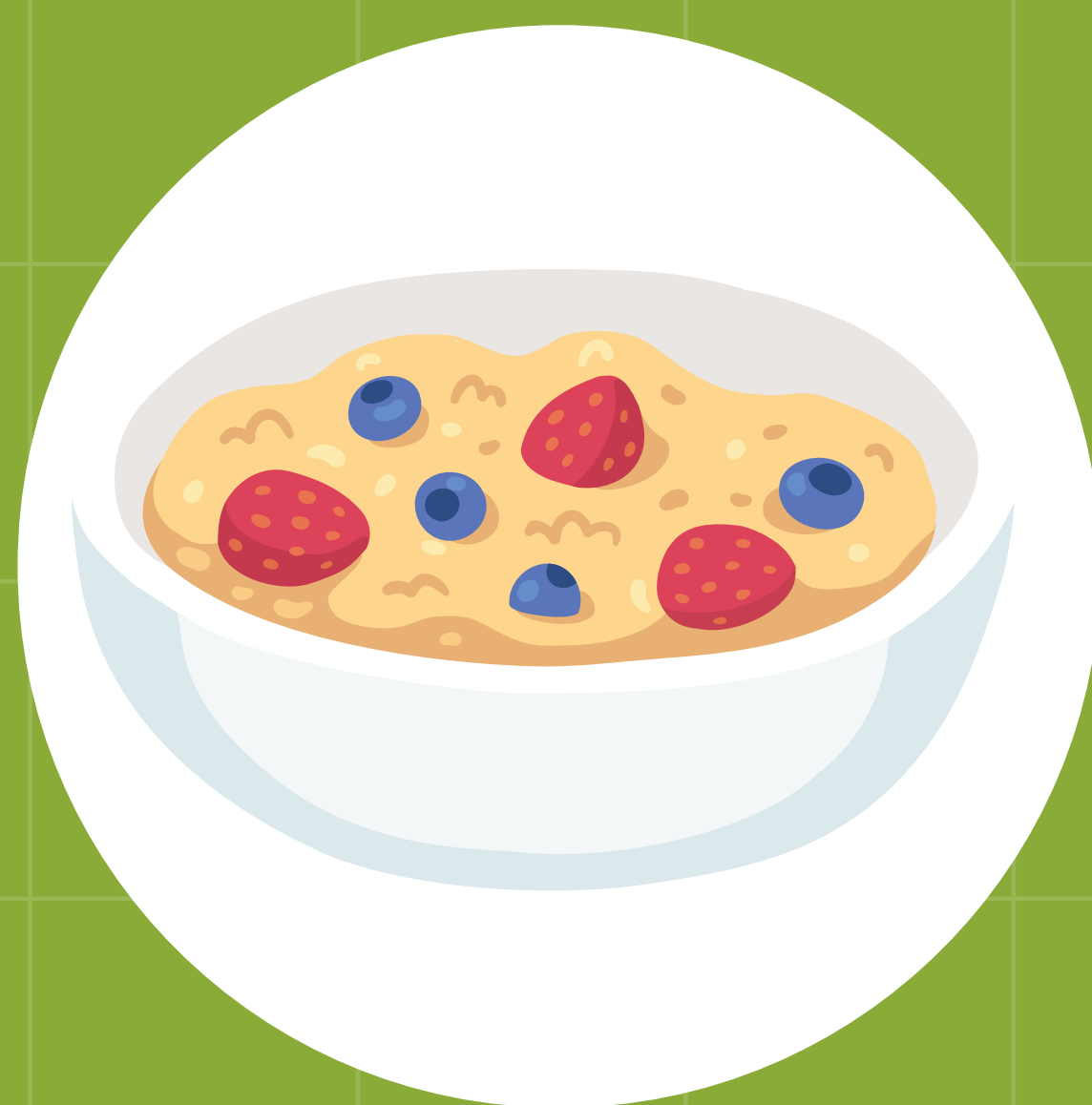
## MY GOAL:

Eat at least 5 fruits and vegetables every day.

## IT'S EASY EVERY DAY



Make half my plate fruits and vegetables



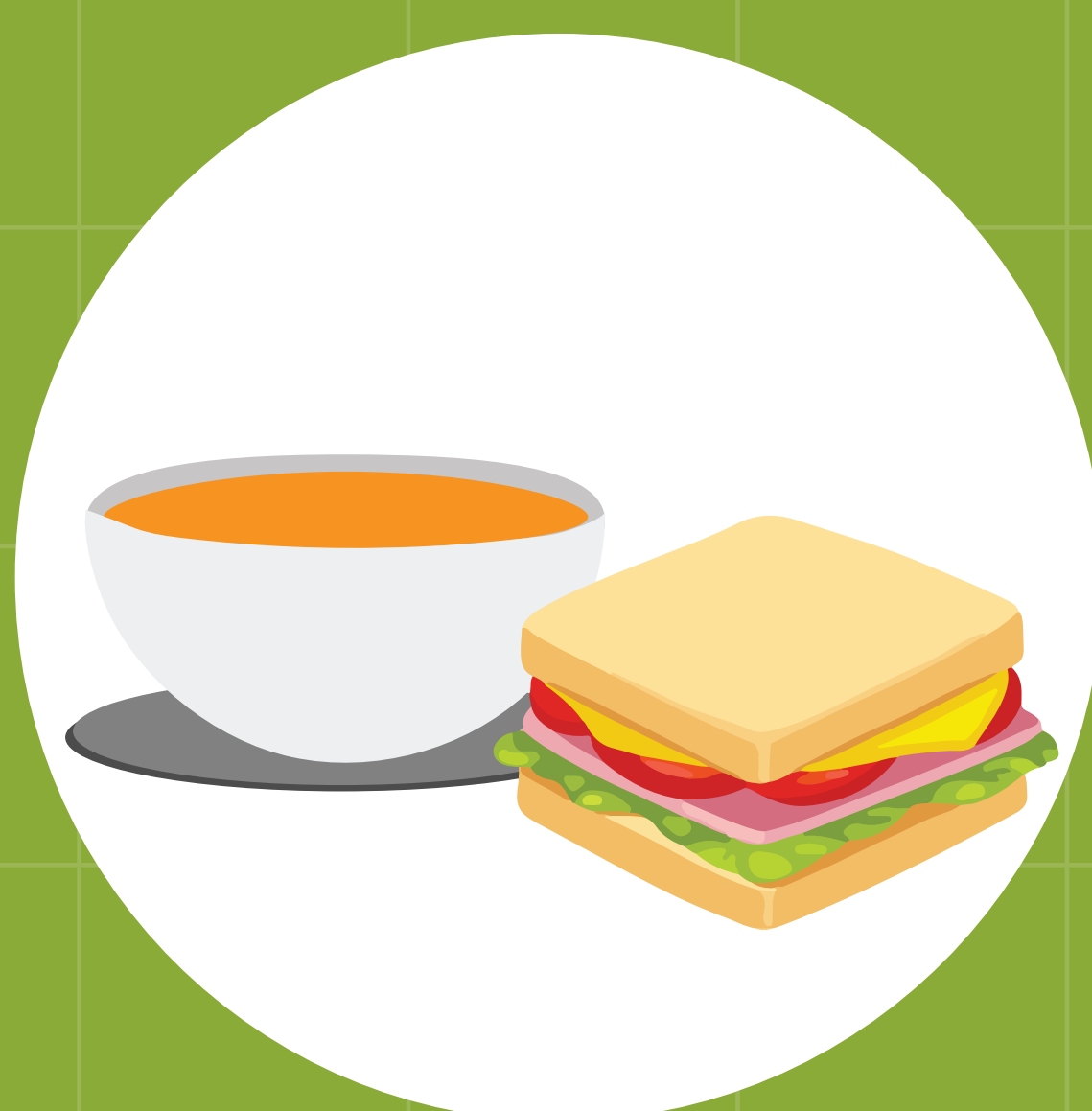
Include fruit at breakfast



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

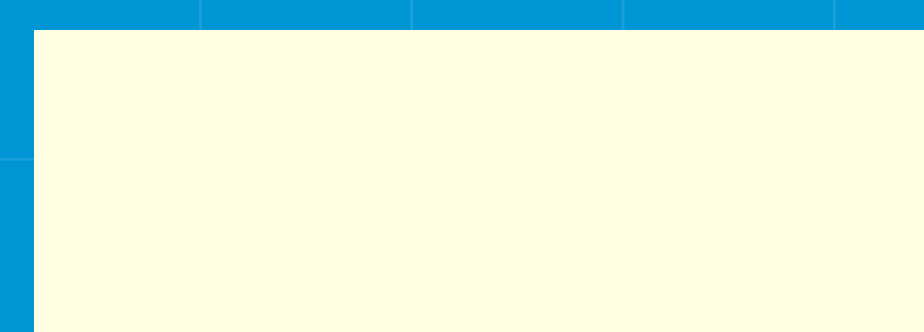


Drink water  
right away,  
slow down and  
cool off

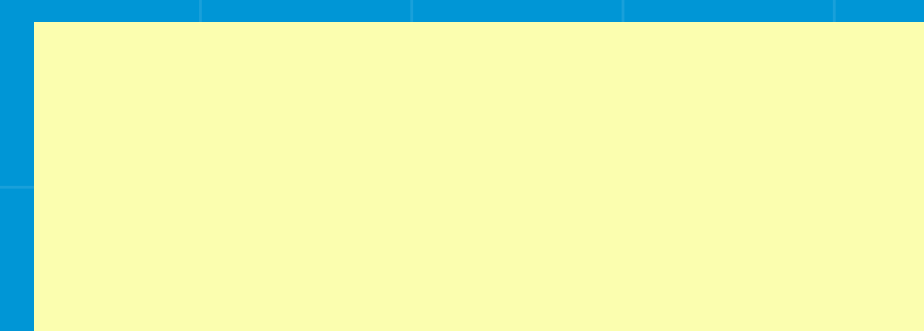
## URINE CHART

How to tell if you are hydrated

1



2



3



4



5



6



7



8



### Hydrated

Keep up the good work!

### Dehydrated

Drink water.

### Very Dehydrated

Drink water. See a doctor, if your urine continues to stay this color



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# CORONAVIRUS (COVID-19)

## *What you need to know*

### SYMPTOMS

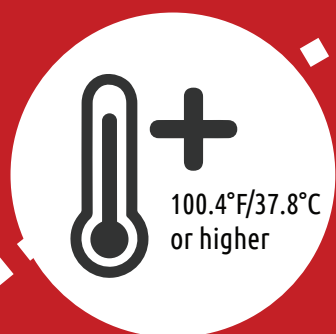


COUGH



SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS



FEVER



CHILLS



REPEATED  
SHAKING  
WITH CHILLS



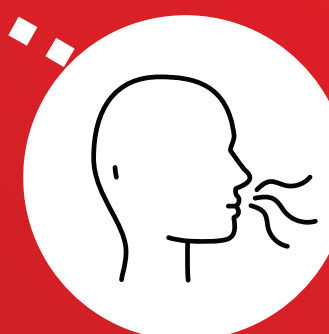
MUSCLE  
PAIN



HEADACHE



SORE  
THROAT



NEW LOSS  
OF TASTE  
OR SMELL







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# **CORONAVIRUS (COVID-19)** *What you need to know*

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





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# CORONAVIRUS (COVID-19)

## *What you need to know*

### 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





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# CORONAVIRUS (COVID-19)

## *What you need to know*

### 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:


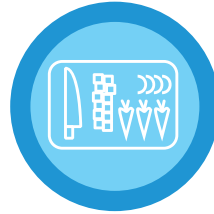



Have clean hands and prevent spread of germs

### 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



### 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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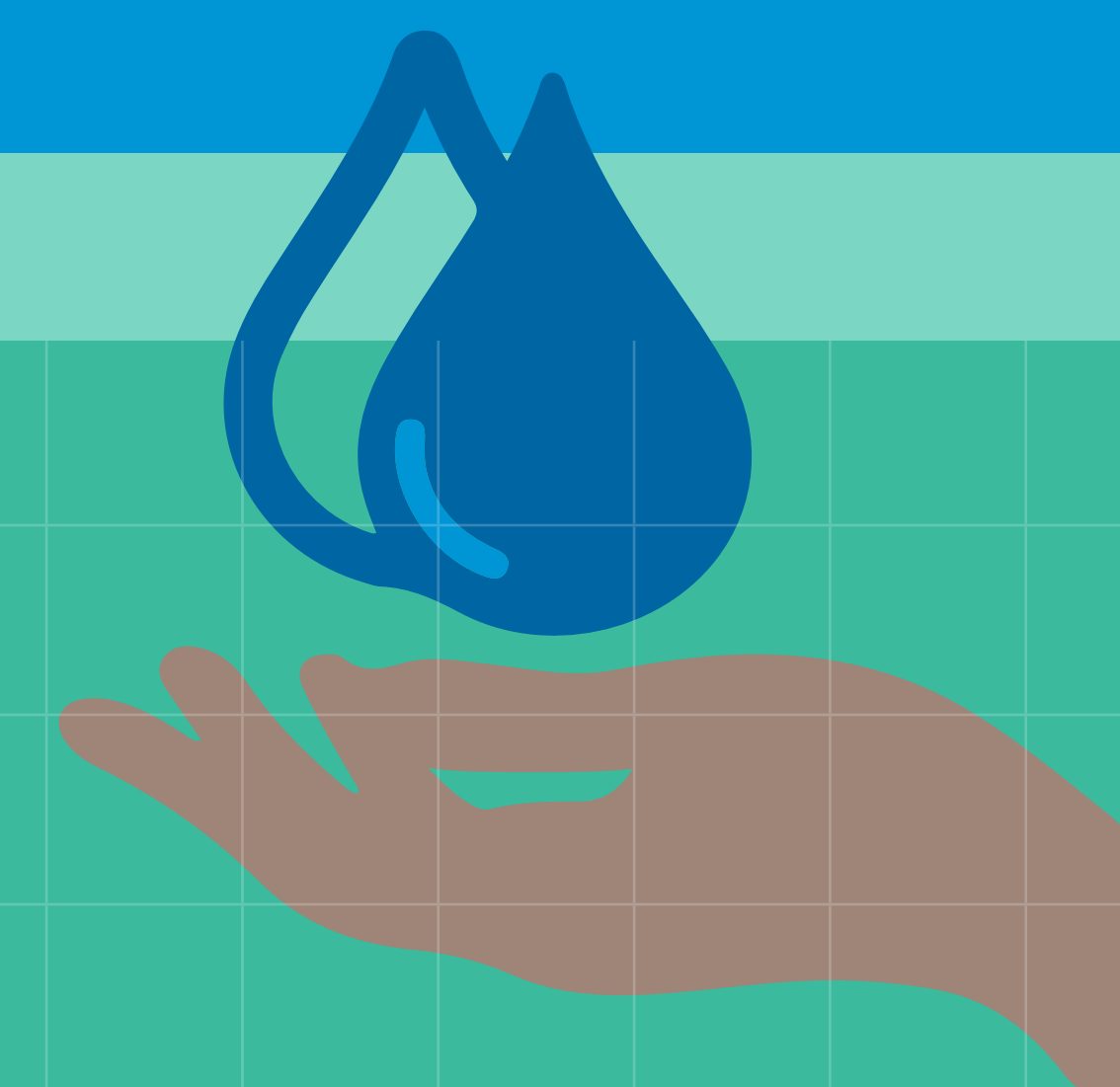
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# HANDWASHING

## MY GOAL:

Have clean hands and prevent spread of germs



## 6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS

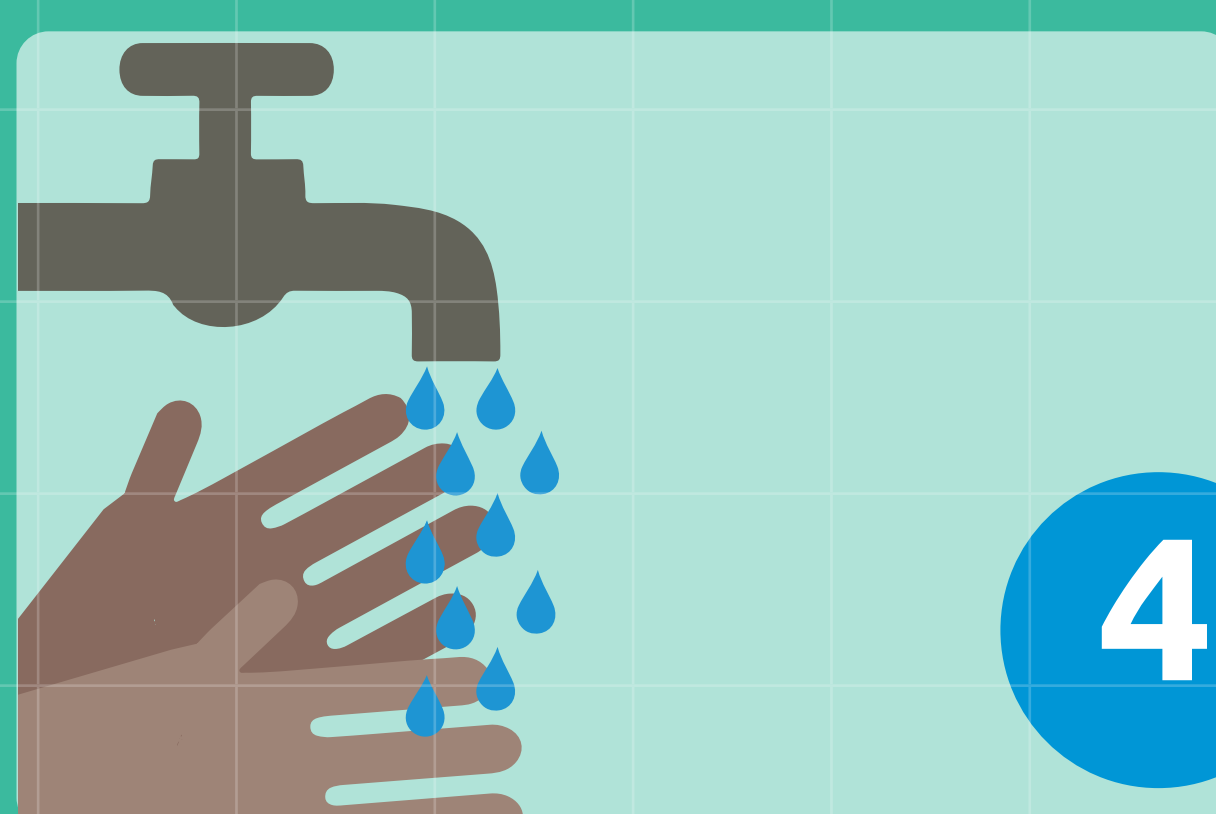


APPLY SOAP

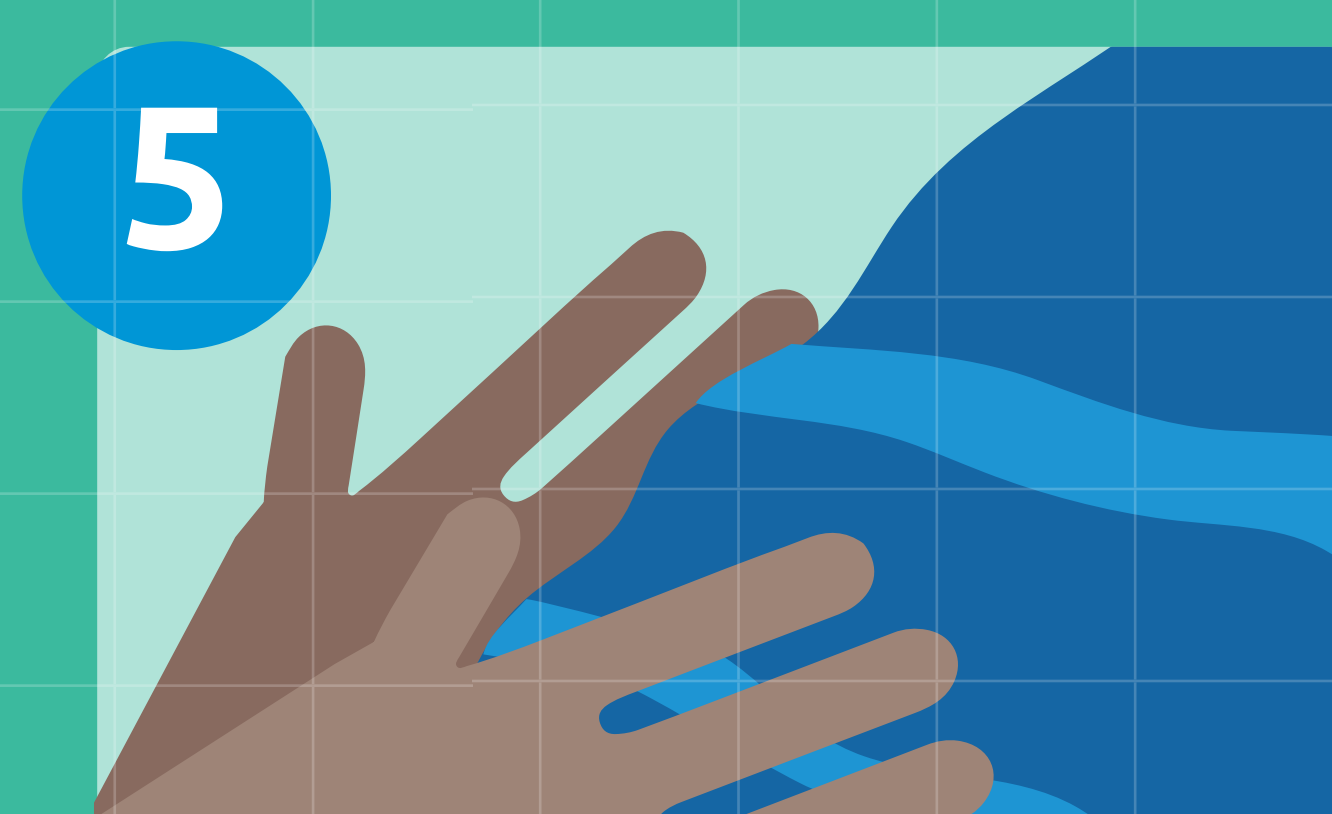


WASH YOUR HANDS FOR 20 SECONDS

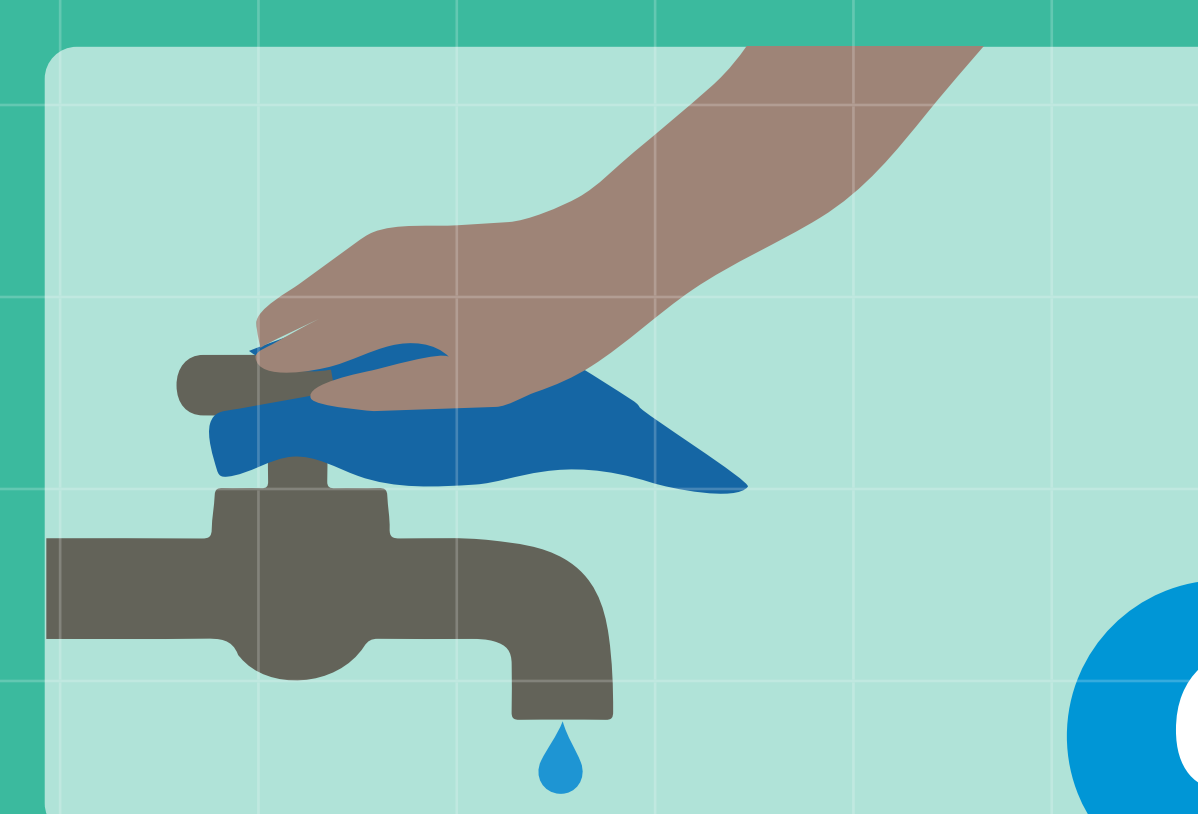
Don't forget to scrub between your fingers, under your nails, and the top of your hands



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER WITH PAPER TOWEL



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