



High 5 for Fitness Caregiver's Guide

What is *High 5*?



High 5 for Fitness is a set of resources to help young people between the ages of 8 and 21 take control of their fitness. Being fit means eating from all five food groups, drinking 1-3 water bottles per day, and moving 60 minutes or more every day. High 5 aims to increase knowledge and awareness of healthy behaviors, and engage youth in physical activities to improve **flexibility, strength, and endurance**. High 5 resources are inclusive, for young people with and without intellectual disabilities. The following information is intended to help parents, families, and caregivers play a pivotal role in their child's fitness journey.

High 5 for Fitness Resources

High 5 Guides: Information on how to be healthy including nutrition tips, ways to stay hydrated, and exercises for health optimization and sport performance. Feature weekly and monthly progress trackers to help young people set and achieve their fitness goals.

High 5 Cards: Instructions for and pictures of exercises that focus on flexibility, endurance, and strength. Exercises are categorized into three levels based on difficulty, encouraging young people to work towards progressively increasing their fitness competencies.

High 5 Videos: Companion resources to the High 5 Cards and provide demonstrations of each exercise, with music by [Hip Hop Public Health](#) and a timer/counter to help youth track the time they spend on each exercise.

Ways to use *High 5*

- Encourage your child to use the daily or 12-week trackers in [High 5 Guides](#) to monitor their progress towards their fitness and health goals.
- Integrate strength exercises from [High 5 Cards](#) into family playtime at home or replace screen time with exercises that improve flexibility.
- Challenge an entire family to progress to higher levels of exercises with the appropriate form, guided by **High 5 Videos**.
- Empower children to become a part of meal planning, shopping, and food preparation using **High 5 Guides**.
- Create a family wellness challenge with the guidance from [High 5 Resources](#). For example, schedule a week of different activities to reach 60 minutes of movement a day, plan meals to eat a variety of foods from all five groups, or replace unhealthy beverages with water.