



HIGH 5 FOR FITNESS

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For youth ages 12–14 who want to be fit!

***Special
Olympics***



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BUILD OUR KIDS' SUCCESS (BOKS) is a physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. BOKS' mission is to make physical activity and play part of every child's day. Their vision is a healthier and happier generation of active kids.

AMERICA'S TEST KITCHEN KIDS has a mission to build a new generation of empowered cooks, engaged eaters, and curious experimenters. They help young chefs understand the hows and whys of food and cooking through their books, monthly subscription boxes, podcast, curriculum, and extensive (free!) digital library.



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What is High 5 for Fitness?

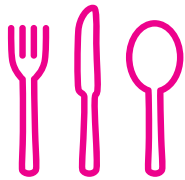


High 5 for Fitness is a set of resources to help you take control of your own fitness by making healthy choices. Being fit means that you eat well, drink plenty of water, and move a lot every day.

If you are fit, you feel good and have lots of energy because your body is strong and healthy.

This version of High 5 for Fitness is for youth ages 12–14 who want to be fit!

WORK TOWARD THESE 3 GOALS TO GET FIT:



EAT:

*Eat from all
6 food groups
every day*



DRINK:

*Drink at least
2 bottles of water
every day*



MOVE:

*Move for 60
minutes or more
every day*

Eat

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Eating healthy food is important. It gives you energy to move so you can enjoy doing your favorite activities like sports, dancing, and playing outside with friends.

Nutrition means eating a variety of healthy foods like fruits, vegetables, fiber-rich whole grains, protein, dairy, and healthy fats so your body has what it needs to grow and be healthy.



EAT:

*Eat from all
5 food groups
every day*

A Healthy Plate

A healthy plate is filled with the 6 food groups you should eat to properly fuel your body and mind. Each food group helps your body in different ways.

Your goal is to eat at least 1 serving from each food group every day.



**WHOLE
GRAINS**



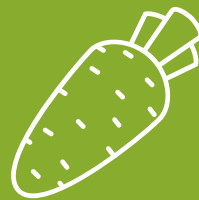
PROTEIN



DAIRY



FRUITS



VEGETABLES



**HEALTHY
FATS**

A Healthy Plate



Start Simple

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Eat whole fruits rather drinking fruit juices.

Eat a variety of vegetables.

Try whole grain foods, like whole wheat bread or brown rice

Eat different types of protein foods like meat, seafood, bean, eggs, and nuts.

Slow down on treats like cookies, candy, and chips.

Drink water and milk, including full-fat instead of sugary drinks.



Drink

Drinking water helps your body work at its best. You will have more energy, can learn better, and play harder when you are hydrated.

Hydrated means your body has enough water. *Dehydrated* means your body does not have enough water and you might feel tired or have a headache.

You should focus on drinking water throughout the day, and try using a reusable water bottle to help you keep track of your goal.



DRINK GOAL:

*Drink at least
2 bottles of water
every day*



Water is an important fuel for life! Drink extra water when you exercise, play sports, and when it is warm outside.

Looking for more flavor in your water? Add fresh berries, lemon, or mint to your water for extra flavor.

Drink water instead of sugary drinks, like soda, sports drinks and juice.

A stylized white line drawing of a foot wearing a shoe, positioned within a large orange circle. The background of the slide features a repeating pattern of faint, light-colored icons representing various 5S steps: a broom for Seiri, a trash can for Seiton, a person for Seiso, a gear for Shikumi, and a person with a magnifying glass for Shikumi.



Physical activity can help you to improve your sports skills and performance to make you a better athlete. For example, running can improve soccer performance and jumping can improve basketball skills.

Doing a variety of exercises will help you improve different types of fitness. On the following pages, you will learn about flexibility, strength, and endurance, which are all important for your health and sport performance.



MOVE GOAL:

*Move for 60
minutes or more
every day*



Flexibility

Flexibility is the ability to move your body easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints.

Stretching is a great way to improve flexibility. There are different types of stretches that you can do before and after physical activities.





Static vs. Dynamic Stretching:

Dynamic Stretching involves moving your body to get your muscles ready for physical activity. Dynamic stretches are best used during warm-up.

Static Stretching is holding a stretch position without moving. Static stretches are best used during cool-down.

Activities to Improve Flexibility: Yoga, Static Stretching, Dynamic Stretching, Pilates

Example of Sports that use Flexibility: Golf, Cheer, Badminton



Endurance

Endurance is the ability to keep your body moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

You can improve your endurance by doing activities that increase your heart rate and make you breathe harder like walking fast, jumping rope, and playing soccer.

Activities to Improve Endurance: Running, Hiking, Biking, Dancing

Examples of Sports that use Endurance: Swimming, Basketball, Tennis



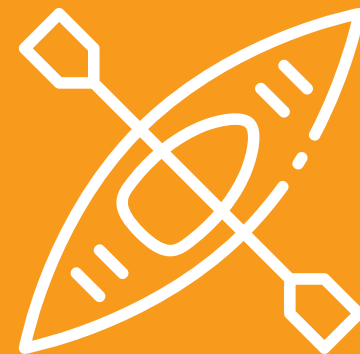
Strength

Strength is the ability of your body to do work. Strength can help you to jump higher, throw farther, and sprint faster.

You can improve your strength by doing activities that work your muscles like climbing, snowshoeing, and push-ups.

Activities to Improve Strength: Body Weight Exercises like Squats, Lifting Weights, Resistance Bands, Weight Machines

Examples of Sports that use Strength: Power Lifting, Kayaking, Softball



Let's Get Moving!



In this guide, we will share a couple of exercises from each type of fitness and level.

Want to see all the exercises in High 5 for Fitness? Check out the High 5 for Fitness: Ages 12–14 Cards and Videos.



High 5 for Fitness has 3 levels

Are the exercises too easy? You can move to the next level, add more time, do more of each exercise, or reduce rest time between activities.



LEVEL 1:

Basic



LEVEL 2:

Intermediate



LEVEL 3:

Advanced



Level 1 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

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BUTTERFLY STRETCH

1. Sit tall with the bottoms of your feet together. Pull your feet in close to your body.
2. Let your knees fall toward the floor.
3. Lean forward over your feet until you feel a stretch.



Level 1 • Flexibility

T-ROTATIONS

1. Stand with your feet together and your arms out straight to the sides making a “T” shape.
2. Turn your upper body to one side as far as possible.
3. Return to center and turn to the other side.





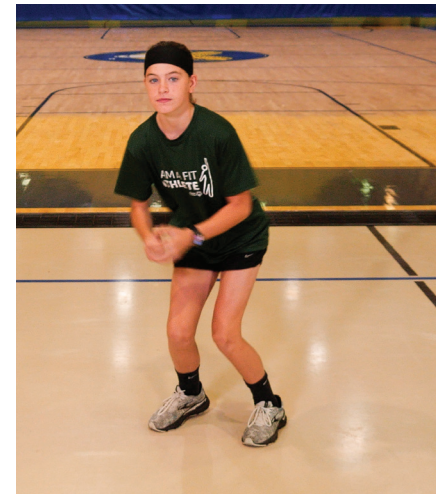
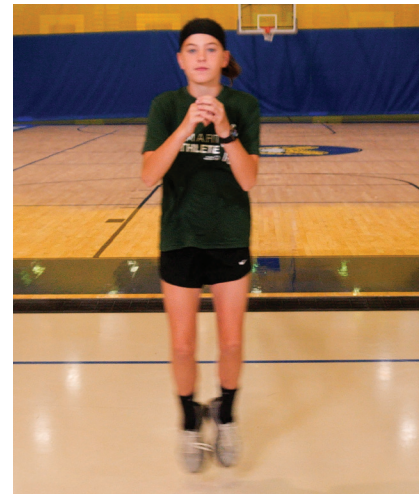
Level 1 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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SKI JUMPS

1. Stand with your feet together and knees bent. Put your arms at your sides with your elbows bent like holding ski poles.
2. Jump to the left and turn so your hips and toes point right. Then jump to the right and turn so your hips and toes point left.
3. Keep jumping and turning like you are skiing.



Level 1 • Endurance

ELBOW TO KNEE TOUCHES

1. Stand with your feet shoulder width apart. Bend your arms and hold your elbows out in front of you at shoulder level.
2. Raise your left knee to touch it with your right elbow. Then lower your knee, switch, and touch your left elbow to your right knee.



SMART SPORTS TIP:

Elbow to knee touches build your endurance and strengthen your core which means faster swimming times and strong throws in softball.



Level 1 • Strength

Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

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PLANK HOLD

1. Start in the plank position with your hands flat on the ground, up on your toes, and your arms straight.
2. Keep your core muscles tight and your back flat.
3. Hold this position for 30 seconds.



NUTRITION TIP:

*Try to eat or drink
3 cups of full-fat dairy
every day.*

Level 1 • Strength

SQUATS

1. Stand with your feet shoulder width apart and hold your arms out straight in front at shoulder level.
2. Bend your knees and hips like you are sitting in a chair.
3. Straighten your knees and return to standing.





Level 2 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

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TRICEPS AND SIDE STRETCH

1. Stand with your feet shoulder width apart. Reach back and place your right hand on your upper back.
2. Put your left hand on your right elbow and pull down gently. Lean to the left while holding the stretch.
3. Repeat with your left arm.



Level 2 • Flexibility

STANDING KNEE HUGS

1. Stand with your feet shoulder width apart. Bend your right knee and raise it up toward your chest.
2. Grab your knee with both hands and pull it in toward your body as close as possible. You can lean against a wall for balance.
3. Pause and then release. Switch sides and repeat with your left knee.



NUTRITION TIP:

Eat a rainbow of vegetables —

Red: Radishes,

Orange: Carrots,

Yellow: Golden Beets,

Green: Lettuce,

Blue: Blue Potatoes,

Purple: Turnips



Level 2 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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JOGGING

1. Jog in place or while moving around.



HELPFUL HYDRATION TIP:

*You can become
dehydrated if you don't
drink enough water.*

Level 2 • Endurance

WINDMILLS

1. Stand with your feet shoulder width apart and your arms out straight to the sides.
2. Bend forward and touch your right hand to your left foot. Keep your arms and legs as straight as possible.
3. Stand up, then touch your left hand to your right foot.





Level 2 • Strength

Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

SIDE LEG RAISES

1. Lie on your left side with your body straight, legs together, and feet stacked on top of one another. Reach your left arm out straight over your head.
2. Keep your legs straight, raise your top leg, and hold. Lower your leg back down and repeat.
3. Switch to your right side and repeat with your top leg.



NUTRITION TIP:

Protein should be eaten at every meal. Lean sources of protein include: turkey, beans, tofu, and eggs.

Level 2 • Strength

KNEE PUSH UPS

1. Start in the plank position with your arms straight, knees on the ground, and your feet up.
2. Bend your elbows and lower your chest to almost touch the ground. Keep your body straight and core tight.
3. Push your body back up to the starting position.





Level 3 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

.....

STANDING SIDE REACHES

1. Stand with your feet shoulder width apart and put your left hand on your hip.
2. Raise your right arm over your head and lean to the left side. Hold the stretch.
3. Repeat with the left arm up and lean to the right.



NUTRITION TIP:

Try some of these great whole grain options: whole-wheat bread, brown rice, oatmeal, or popcorn.

Level 3 • Flexibility

WALKING QUAD STRETCH

1. Step forward onto your right foot and raise your left foot up behind you.
2. Reach your left hand back, grab your ankle, and make sure your knee points down.
3. Let go of your ankle, step forward with your left foot, and repeat on the right side. Keep walking and alternating sides.





Level 3 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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HIGH KNEES JOGGING

1. Jog with high knees in place or while moving around.



HELPFUL HYDRATION TIP:

Signs of dehydration include feeling tired or sluggish, having a dry mouth, or feeling thirsty.

Level 3 • Endurance

SEAL JACKS

1. Stand with your feet together and your arms out straight in front at shoulder level.
2. Jump and open your legs wide and open your arms out to each side.
3. Quickly jump again and bring your arms and legs back together to the starting position.





Level 3 • Strength

Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

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HIP BRIDGES

1. Lie on your back with your knees bent and your feet flat on the ground. Place your arms by your sides with hands facing down.
2. Raise your hips and then lower to starting position.



Level 3 • Strength

SQUAT JUMPS

1. Stand with your feet shoulder width apart and your arms at your sides.
2. Bend your knees so you are in a squat position.
3. Jump up quickly, and swing your arms and then land softly in a squat.



SMART SPORTS TIP:

Squat jumps build leg strength, which means higher layups in basketball and more powerful passes in soccer.

High 5 & Way to Go

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High 5! You have made it through all the helpful information in this guide, but there is more in the High 5 for Fitness cards and videos!

All the exercises in the cards and videos will help you meet your goal to Move for 60 minutes or more every day.

Start with the Basic exercises. Are the exercises too easy? You can move up to the next level, exercise longer, do more of each exercise, or take a shorter break between exercises.

MOVE:

Move for 60 minutes or more every day

DRINK:

Drink at least 2 bottles of water every day

EAT:

Eat from all 6 food groups every day



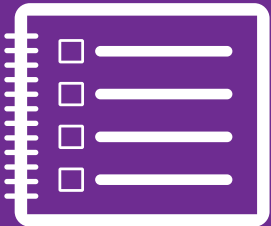
You Can Do This!

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It is helpful to track your activities as you work toward the Eat, Drink, and Move goals. On the following pages, you will find weekly and 12-week tracker sheets.

Track your High 5 for Fitness activities every week for 12 weeks. Encourage your family and friends to join you, too! 12 weeks is about the time it takes to get fit. You can do this!

To find more High 5 for Fitness resources, visit:
resources.specialolympics.org/health/fitness/high-5



Weekly Tracker

Use this sheet to help you track your High 5 for Fitness goals every week. Ask a family member, teacher, or friend to help you stay on track.

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Eat Color in the food groups you ate from today.							
Drink Color in the water bottles you drank today.							
Move Color in the shoe if you moved for 60 minutes or more today.							
Color the star if you achieved ALL your High 5 for Fitness goals this week.		Eat		Drink		Move	

12-Week Tracker

Use this sheet to help you track your High 5 for Fitness goals. You can use this sheet over and over again to keep your fitness and health on track!

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Eat Color the star if you ate from all 6 food groups every day this week.												
Drink Color the star if you drank at least 2 bottles of water every day this week.												
Move Color the star if you moved for 60 minutes or more every day this week.												



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