



# HOMEPLAY

## Be Your Own Personal Trainer

Going to practice and competitions is good for you but does not always provide you with the recommended amount of exercise minutes. Special Olympics recommends 30 minutes of physical activity a day, for 5 days a week, to stay healthy and perform at your best. Doing a home workout is a great way to add some activity minutes and build fitness, in addition to the recreational activities you do like playing outside, walking, dancing, and sports. It all adds up!

### Exercise Tips:

- Build Gradually: work towards 30 minutes of activity each day.
- Variety: your body will stay healthy with a mix of harder and easier activities.
- Rest: if your body feels tired, take an 'easy day' and do some gentle stretches and light activities like walking or yoga.
- Play: be sure to do fun activities such as pick up soccer, dancing, gym class.
- Build in Sports: practicing and playing sports at home also builds fitness. Ask a family member or friend to join you for some 1v1 or create your own drills to do at home.
- Keep track of your activities for a week and share it with your coach, teammate, or caregiver.

### STEP 1

#### Plan a Workout!

Where I will work out: \_\_\_\_\_  
(location)

When will I work out: \_\_\_\_\_  
(day/time)

What equipment do I have:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Exercise mat     | <input type="checkbox"/> Weights       | <input type="checkbox"/> Treadmill        |
| <input type="checkbox"/> Soup cans        | <input type="checkbox"/> Medicine ball | <input type="checkbox"/> _____<br>(other) |
| <input type="checkbox"/> Resistance bands | <input type="checkbox"/> Bicycle       | <input type="checkbox"/> _____<br>(other) |

## STEP 2

### Build a Workout!

This workout plan includes all 4 types of physical activity to give you a full body workout to develop overall fitness and add to your daily activity minutes.

You can use the activities listed or choose your own from previous lessons or your sport.

Read these instructions to create your own workout on pages B14 and B15 of this Homeplay.

### TOTAL WORKOUT TIME: 30 MINUTES

**Warm-Up: 5 minutes** | Think about:

- Moving all the parts of your body.
- Starting slow and adding speed as you start to feel warm.
- Moving in as many directions as you can — forward, sideways, backwards, twisting, bending, reaching.

**Endurance: 10 minutes** | Which option will you choose?

- A little sweaty: a steady, comfortable pace, able to carry on a conversation.
- Very sweaty: a faster, slightly uncomfortable pace, difficult to carry on a conversation.
- Interval training: working hard for short bursts and then resting. For example, 30 seconds of jumping jacks, then 1 minute of rest.

### **Strength: 8 minutes** | What to do:

- Choose 3 exercises – a mix of upper body, core and lower body exercises
- Do 10 of each exercise and then move on to the next exercise.  
Rest for 1 minute.
- Repeat 2-3 times.

### **Balance: 2 minutes** | What to do:

- Breathe, stand tall, and focus on a spot in front of you.
- Feel all 4 corners of your feet pressing into the floor (for standing exercises).
- Choose 1 exercise and hold for 30 seconds, building up to 1 minute.
- Repeat 2 times.

### **Flexibility: 5 min** | What to do:

- Choose 3 stretches.
- Hold each stretch for 30 seconds. Stretch lightly so to not feel pain.
- Repeat each stretch 2 times on each side.
- Finish laying on your back for 1 minute and enjoy the time to celebrate your hard work.

**MY HOME WORKOUT PLAN FOR:** \_\_\_\_\_

(Month and Days | Example March 1-7)

**I PLAN TO WORKOUT ON THESE DAYS:** (circle the days)

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

**TOTAL WORKOUT TIME: 30 MINUTES**

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**Warm-Up: 5 minutes** | Circle from this list or add your own:

• [Special Olympics Dynamic Warm-Up Videos](#)

- March or jog in place
  - Mountain climbers
  - Arm circles
  - Butt kicks
  - Fast feet
  - Leg swings
  - Hip circles
  - Side shuffles
- .....

**Endurance: 10 minutes** | Circle from this list or add your own:

• [Fit 5 Exercise Cards: Endurance](#)

- Running
  - Biking
  - Dancing
  - Group fitness class
  - Swimming
- .....

**Strength: 8 minutes** | Circle from this list or add your own:

• [Fit 5 Exercise Cards: Strength](#)

- Resistance band exercises
- Dumbbell exercises
- Weight machines

**Balance: 2 minutes** | Circle from this list or add your own:

- [Fit 5 Exercise Cards: Balance](#)
  - Single leg stance
  - Leg swings
  - Walking on a line
- 

**Flexibility: 5 minutes** | Circle from this list or add your own:

- [Special Olympics Cool-Down Videos](#)
  - Butterfly stretch
  - Calf stretch
  - Cat-cow stretch
  - Chest stretch
  - Cross body shoulder stretch
  - Child's pose
- 

## MAKE IT A HABIT

### My Home Workout Plan:

I will work out on \_\_\_\_\_  
(day/time)

After my workout I will reward myself with: \_\_\_\_\_  
\_\_\_\_\_

**If this habit is important to you, be sure to add it to your Habit Tracker!  
This will help you schedule it into your week.**