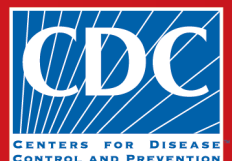


Health Messenger Training Work Book



Special Olympics
Health

MADE
POSSIBLE BY **Golisano**





Your Role as a Health Messenger



Special Olympics

Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

What is a Health Messenger?

A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model.

There are many roles for Health Messengers. You don't need to pick just one!

Answer these questions to figure out the roles that are right for you:

1. Why did you volunteer to be a Health Messenger?

2. Do you like teaching people how to do things?

Yes No (circle one)

Tip: if you circled "yes" you may be a good healthy habits leader.

3. Are you good at motivating teammates?

Yes No (circle one)

Tip: if you circled "yes" you may be a good health and fitness leader.

4. Do you have a passion for fitness or nutrition?

Yes No (circle one)

Tip: if you circled "yes" you may be a good role model.

5. Do you like talking to people in the community about why they should support Special Olympics?

Yes No (circle one)

Tip: if you circled "yes" you may be a good spokesperson or health advocate.

6. Do you want to get more athletes in your State to go to Healthy Athletes screenings?

Yes No (circle one)

Tip: if you circled "yes" you may be a good spokesperson Healthy Athletes coordinator.

7. Which roles would you like to do? (you can check more than 1)

_____ **Spokesperson:** speaks to the media or other health influencers about the health needs of people with ID and the challenges they face to getting good care.

_____ **Healthy Athletes Coordinator:** recruits and guides athletes through the Healthy Athletes screenings, serves as a peer educator at health education stations and assists with setting up the screening.

_____ **Healthy Habits Leader:** creates health education stations (like sunscreen or water stations) at Special Olympics events.

_____ **Health & Fitness Leader:** teaches health and wellness education (like leading walking clubs or teaching healthy cooking classes).

_____ **Health Advocate:** attends meetings with health and fitness partners and influencers to speak and advocate on behalf of people with ID.

_____ **Role Model:** inspires other athletes to be their healthiest through their own healthy behaviors.

_____ **Another role:** is there something else that you would like to do? What is it?



The Importance of Being Healthy



Special Olympics
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

What does being healthy mean to you?



It is important to take good care of our bodies and minds so that unhealthy choices don't turn into big health problems.

EAT FATTENING FOODS



HEART DISEASE



DRINKING SODA



DIABETES



NOT EXERCISING



OBESITY



STRESSING OUT



HIGH BLOOD PRESSURE



People who are healthy:



Eat healthy meals and snacks



Wash their hands before eating and after using the toilet



Exercise for 30 minutes 5 days a week



Brush their teeth at least once a day



Drink 5 water bottles per day



Have happy relationships with family and friends



Sleep 6-8 hours at night



Try to relax and not stress



Don't smoke



Visit the doctor and dentist every year

Walking the Health Talk:

As a Health Messenger, people will look up to you and copy your actions, so it is important to take good care of yourself and practice healthy habits as much as you can!

What do you do every day to be healthy? (check all the things that you do)

____ Eat healthy meals and snacks

____ Exercise for 30 minutes

____ Drink 5 water bottles

____ Sleep 6-8 hours at night

____ Don't smoke

____ Wash my hands before eating and after using the toilet

____ Brush my teeth at least once

____ Have happy relationships with my family and friends

____ Try to relax and not stress

For most people, it is hard to do all these things all the time. Doing just one of these habits can make a big difference to your health.

Which new healthy habit will you try?

My Vision, Goals, and Healthy Habits

Name: _____



My Vision

My Goals

To achieve my Vision, I will
set these Goals:

My Healthy Habits

I will reach my Goals if I maintain these Habits:

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

Exercise

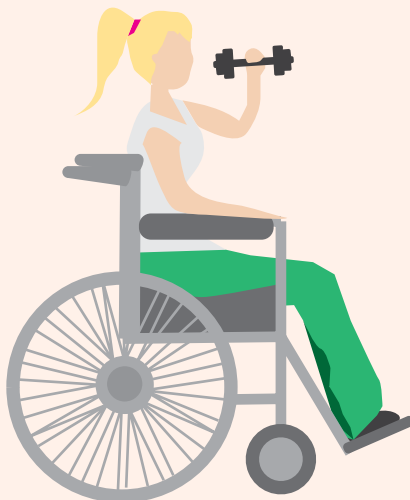
You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

Your goal with FIT 5 is to do at least 5 days of exercise!

Types of Exercise:



ENDURANCE



STRENGTH



FLEXIBILITY



BALANCE

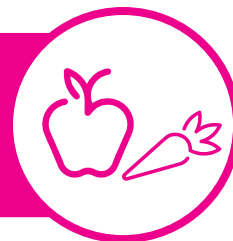
Food and Nutrition

Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!



Healthy Meals



Add more fruits and vegetables to your meals. You can make any meal more nutritious with these simple suggestions.

Breakfast

- Have a piece of fruit with your meal
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.



Lunch

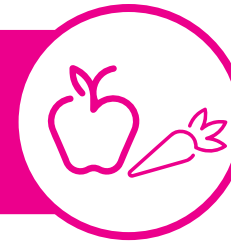
- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.

Dinner

- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.



Healthy Snack Ideas



Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.



Apple slices dipped in
peanut butter



Low-fat unsweetened
yogurt with berries



Low-fat cottage
cheese with tomatoes



Carrots or peppers
dipped in hummus



Celery topped with
peanut butter and raisins

Hydration

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Your goal with FIT 5 is to drink 5 bottles of water every day!

Your bottle should be 16-20oz or 500-600ml



TIP:

Drink out of a sports water bottle to track your Fit 5. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes _____ Minutes	<input type="checkbox"/> _____ Minutes	<input type="checkbox"/> _____ Minutes	<input type="checkbox"/> _____ Minutes	<input type="checkbox"/> _____ Minutes	<input type="checkbox"/> _____ Minutes	<input type="checkbox"/> _____ Minutes	<input type="checkbox"/> _____ Minutes
Nutrition How many total fruits and vegetables? ○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Water How many bottles (16oz) of water did you drink? ○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★

Nutrition ★

Water ★

Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	★	★	★	★	★	★	★	★	★	★	★	★
Nutrition	★	★	★	★	★	★	★	★	★	★	★	★
Water	★	★	★	★	★	★	★	★	★	★	★	★
WEEK:	49	50	51	52								
Exercise	★	★	★	★								
Nutrition	★	★	★	★								
Water	★	★	★	★								



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.
- They 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 yogurt for dessert.



TIP:

Fresh, local and in season fruits and vegetables are the best



Special Olympics
Health
MADE POSSIBLE BY
Gotisano

SpecialOlympics.org

Win With 5 a Day

- **Grab and go ready to eat**
 - Keep a bowl of fruit on the table or counter.
 - Keep cut-up fruits and vegetables in the refrigerator at eye level.
- **Eat the rainbow of colors-mix the red, green, orange and yellow foods.**
- **Fruits dried, frozen, and canned (in water or 100% juice) as well as fresh, all count. Always have a choice on hand.**
- **Include a fruit or vegetable at every meal and between meals.**
- **Add vegetables to soups, stews, and sauces.**

What is your favorite fruit or vegetable?



NUTRITION

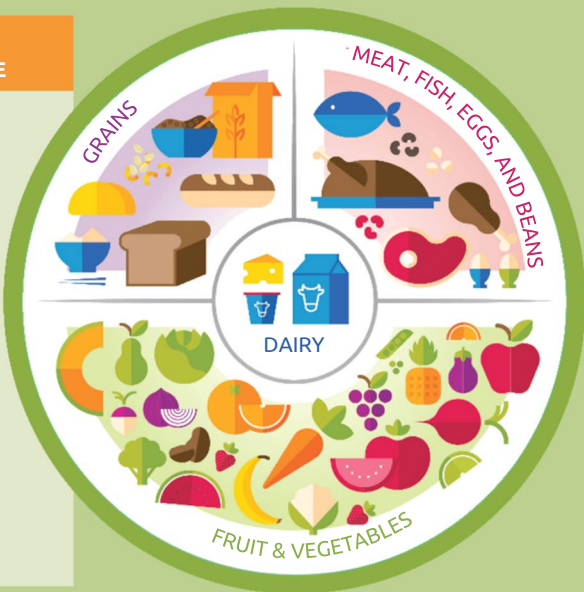
MY GOAL:

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!



Special Olympics
Health

MADE POSSIBLE BY
GoTisano

[SpecialOlympics.org](https://www.SpecialOlympics.org)

Build a Healthy Plate

- Make half your plate fruits and vegetables. Fresh, canned and frozen count. Add a fruit or vegetable to your breakfast choice. **4 points**
- At least half your grains should be whole grains. Try brown rice or whole wheat pasta. **4 points**
- Dairy foods include milk, fortified soy milk, cheese, yogurt. Look for low fat products. Try a smoothie for an in-between meal snack. **4 points**
- Meat, fish, eggs, beans, pulses, peas, legumes, nuts and seeds contribute protein, vitamins and minerals important for your health. Healthy choices include lean cuts of meat, like turkey and chicken, and dry beans and peas like lentils, black beans, chickpeas and tofu. **4 points**

Score your plate. How many points do you get?



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 THE [FIT 5 TRACKING TOOL](#)



Special Olympics
Health
MADE POSSIBLE BY
GoTisano

SpecialOlympics.org

It's Easy to Eat Healthy Every Day

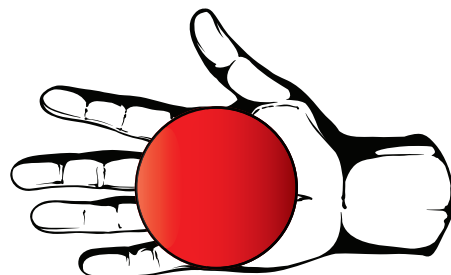
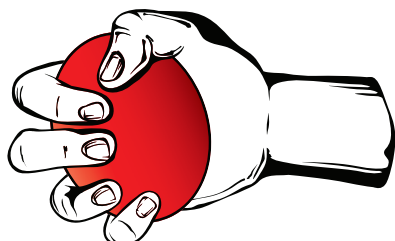
- Healthy eating is important to your health and sports performance.
- Talk to your coach about the changes you want to make.
- Plan on how you will meet your goals for fruits and vegetables and water.
- Don't forget to use the [Fit 5 Tracking Tool](#), you can follow your progress to meet your goals.
- Share your success with your family, coach and team.

What are some of the changes you want to make?



Station 1

- 1 Squeeze the ball for 3 seconds.
- 2 Release the ball and any tension.



Station 2

- 1 Think a good thought.



Station 3

- 1 Smell the flower [pinwheel].
- 2 Blow the flower [pinwheel].





Station 4

1 Try a few stretches

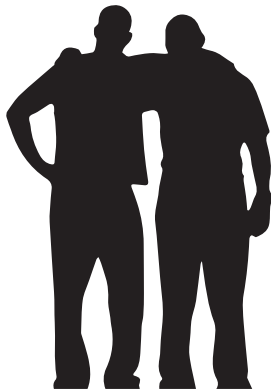


2 How do you feel?

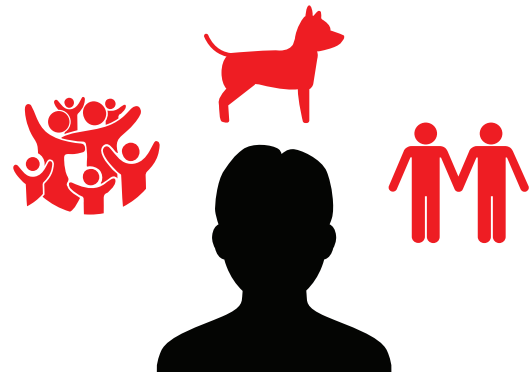


Station 5

1 Support others



2 Seek support from others



Station 6

1 Pick the strategies you like



2 Use the strategies in everyday life





How to Advocate



Special Olympics
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

What Is Self Advocacy?

1. Speaking up for your rights, and the rights of others.
2. Having your voice heard.
3. Making sure that your views and opinions are considered when decisions are being made that directly impact your life.

Why Is Self Advocacy Important?

People with intellectual disabilities are negatively impacted by lack of access to health care, policies and programs, so they are the best people to speak to health decision makers.

Key Messages:

- People with Intellectual disabilities die 16 years earlier and have more chronic conditions than people without intellectual disabilities.
- Health care, services and education are not inclusive of people with intellectual disabilities.
- All people deserve to be in their best health.
- People with intellectual disabilities should have equal access to health care, services and education in their communities.
- Health systems need to take steps to be inclusive of all people and address the needs of people with intellectual disabilities.

Have Your Voice Heard:

The most effective way to influence health decision makers is to put a “human face” on the issue of inclusion. This table helps you tell your story.

Who	<ul style="list-style-type: none"> • Say your name, where you live and how long you been an athlete.
What	<ul style="list-style-type: none"> • What are some of the challenges you or people with ID face to being healthy? What impact does being excluded have on you or people with ID?
Why	<ul style="list-style-type: none"> • Describe the reason for your appointment, conversation or meeting. Why are you there?
How	<ul style="list-style-type: none"> • How can your health decision maker give you, or people with ID, the best care or experience possible? Say what you need!

Prepare to talk to any health decision maker by creating 3 Ws and an H.

Decision makers = anyone who can impact your health.

- ✓ Health care providers and workers
- ✓ Fitness and wellness professionals
- ✓ Universities
- ✓ Businesses
- ✓ Medical, dental and professional associations
- ✓ Policy Makers/Health Departments/Ministries of Health

WHO: Describe who you are.

WHAT: Explain some of the challenges you or people with ID face being healthy, and the impact that being excluded has on your health.

WHY: Describe the reason for your appointment, conversation or meeting. Why are you there?

HOW: Give ideas for what can be done so that you or people with ID are included, feel comfortable, get the best health care or have the best experience possible.

Social Media Health Messenger Planning Document

**Special
Olympics**



You can use social media to motivate, teach and help other athletes improve their health and fitness

SETTING YOUR GOALS

Which social media **platforms** (Twitter, Instagram, Facebook, YouTube) will you use?

How many times a week will you **post to social media**?

Is there a **day of the week/month** you want to post? What day/days is this?

How will you use social media to celebrate the successes of a friend or teammate? _____

PICKING YOUR TOPICS

What can you post in **Month 1** to social media?

What can you post in **Month 2** to social media?

What can you post in **Month 3** to social media?

What can you post in **Month 4** to social media?

What can you post in **Month 5** to social media?

What can you post in **Month 6** to social media?



Health Messenger 2018

Health Messenger leadership role(s) you will take on:

- ☐ Speaker/Presenter/Spokesperson
- ☐ Healthy Athletes Coordinator
- ☐ Healthy Habits Leader
- ☐ Health and Fitness Leader
- ☐ Other (i.e. health representative on athlete input council)

Describe the health-focused project you commit to doing in your community to demonstrate your leadership in health and wellness:

SpecialOlympics.org/Health

Your Plan

1. What are you hoping this project will do for other athletes?

2. Who will you reach? (for example: athletes on your team, government officials, members of your community)

3. What resources will you need and use?

4. When will you do this?

5. How will you work with your Special Olympics Program staff?

6. Describe any other steps you will need to take to complete the project:

Other comments (optional):

Practicum completion:

After the Health Messenger training, when you go back to your home Program, you will work with your mentor and Program staff to do your practicum. Once you've completed your practicum you will fill out the practicum completion form and email to: healthmessenger@specialolympics.org



Special Olympics Health

HEALTH MESSENGER INFORMATION

Name of Health Messenger:

Email Address:

Phone Number:

Name of Mentor:

Email Address of Mentor:

Phone Number of Mentor:


SO Program:

Date you completed the practicum:

Health Messenger leadership role(s) did you take on:

- ☐ Speaker/Presenter/Spokesperson
- ☐ Healthy Athletes Coordinator
- ☐ Healthy Habits Leader
- ☐ Health and Fitness Leader
- ☐ Other (i.e. health representative on athlete input council)

Describe what you did for your practicum:



Your Results:

What did this project do for other athletes?

Who did you reach with your practicum? (i.e. athletes on your team, community members, government official)?

How did you work with your Special Olympics Program staff?

Did you enjoy working on the practicum? What did you learn? Were there any challenges?

How will you continue to be a Health Messenger?

Send this form and any photos to: healthmessenger@specialolympics.org

