

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

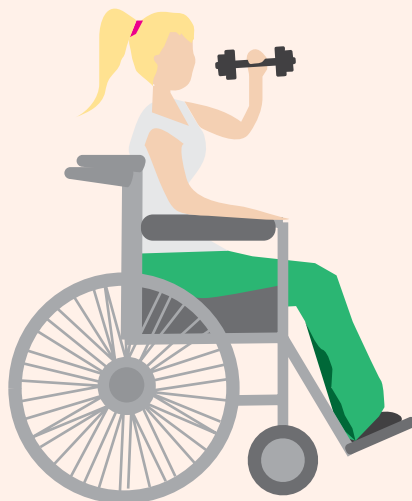
You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

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

Types of Exercise:



ENDURANCE



STRENGTH



FLEXIBILITY



BALANCE

Exercise is Fun!



It is easy to get in the right amount of exercise if you make it fun. Here are some tips to help you stay motivated to reach your Fit 5 goal.



Exercise with a friend or group!

- Go on a walk, run, or bike ride with a friend or family member.
- Join a group exercise class.
- Do strength training with a teammate.



Take the lead at practice!

- Ask your coach if you can lead some flexibility or strength exercises.
- Teach a friend a new sport.



Try something new!

- Try a new group exercise class.
- Walk or run a different route than you normally do.
- Learn a new strength or flexibility exercise.



Track your improvements!

- Write a goal on a piece of paper. Post the goal on your wall.
- Keep a log of your exercises so you can see your progress.

Reach Your Fit 5 Exercise Goal



It's easy to do 5 days of exercise in one week. Follow this sample exercise plan and see how easy it is to reach your goal.

Day of the week	Activity	Time Spent
Monday	Special Olympics football practice -stretched and did strength exercises during warm ups -walked and ran during practice	90 minutes
Tuesday	Walked with a friend after work Did balance exercises before bed	45 min 10 min
Wednesday	Off	
Thursday	Did a group exercise class -ended the class with strength exercises and stretching	60 minutes
Friday	Off	
Saturday	Biked on a trail in the park	30 min
Sunday	Walked with Mom -did balance exercises after our walk	35 minutes

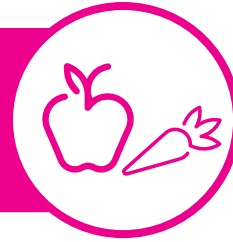
Food and Nutrition

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

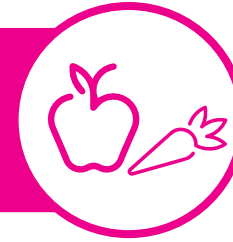
- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based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

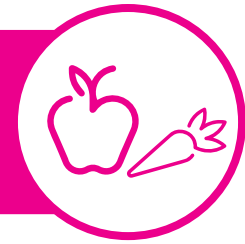


Carrots or peppers dipped in hummus

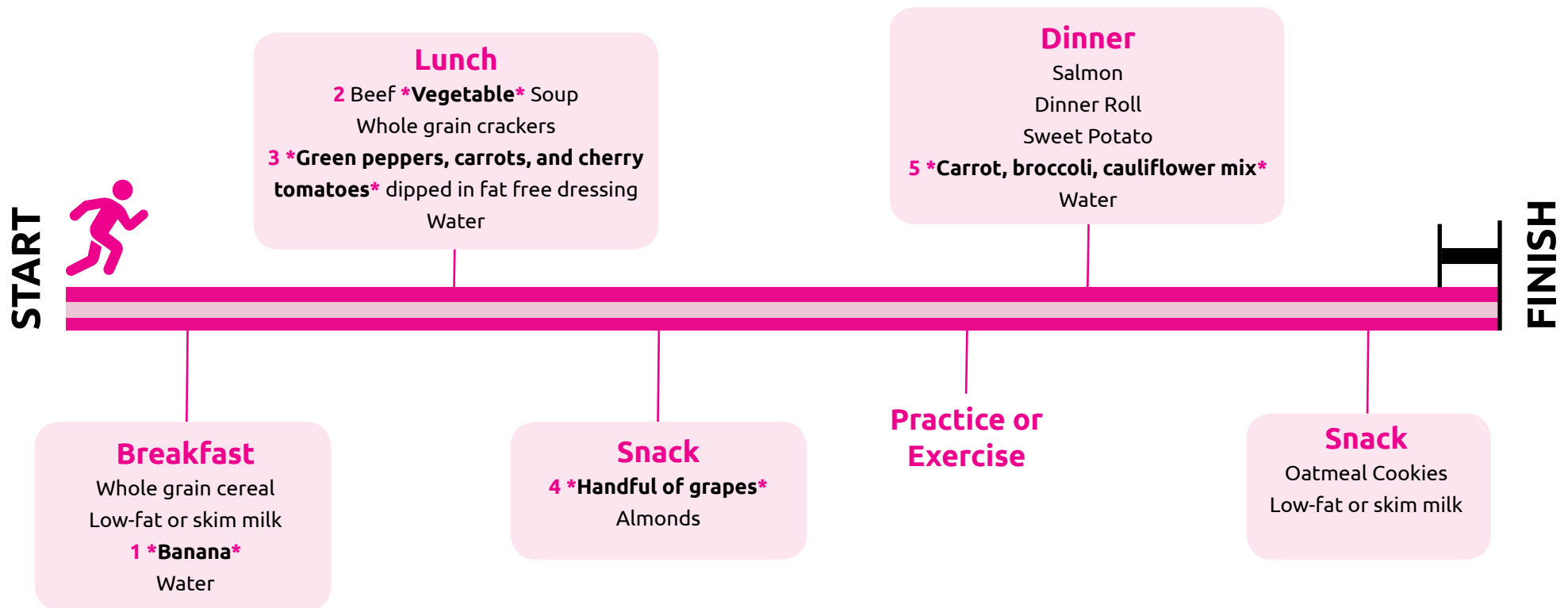


Celery topped with peanut butter and raisins

Reach Your Fit 5 Nutrition Goal



It's easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.



With healthy meals and snacks, it's easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.

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!

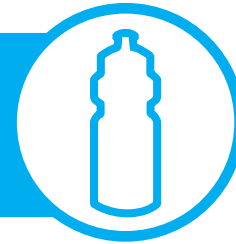
Your bottle should be 16-20oz or 500-600ml



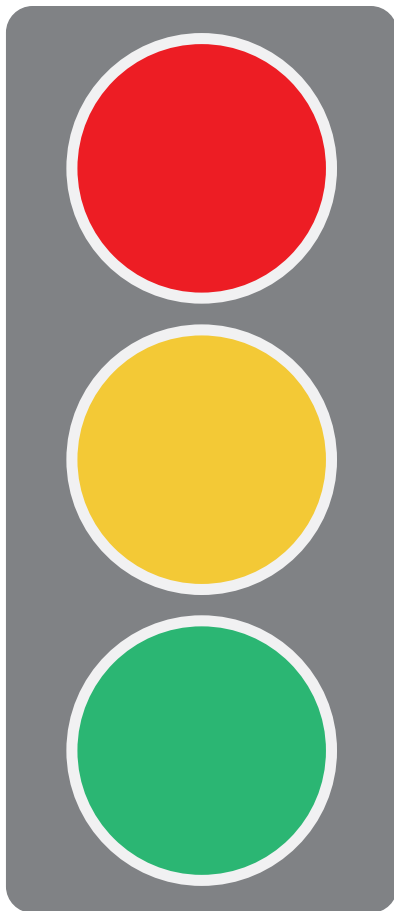
TIP:

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.

Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



Sodas, energy drinks, and sports drinks are NOT good beverage choices.

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.

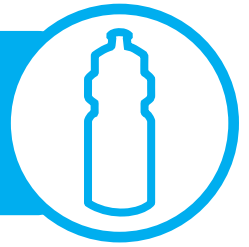


Water is the best choice for a beverage!

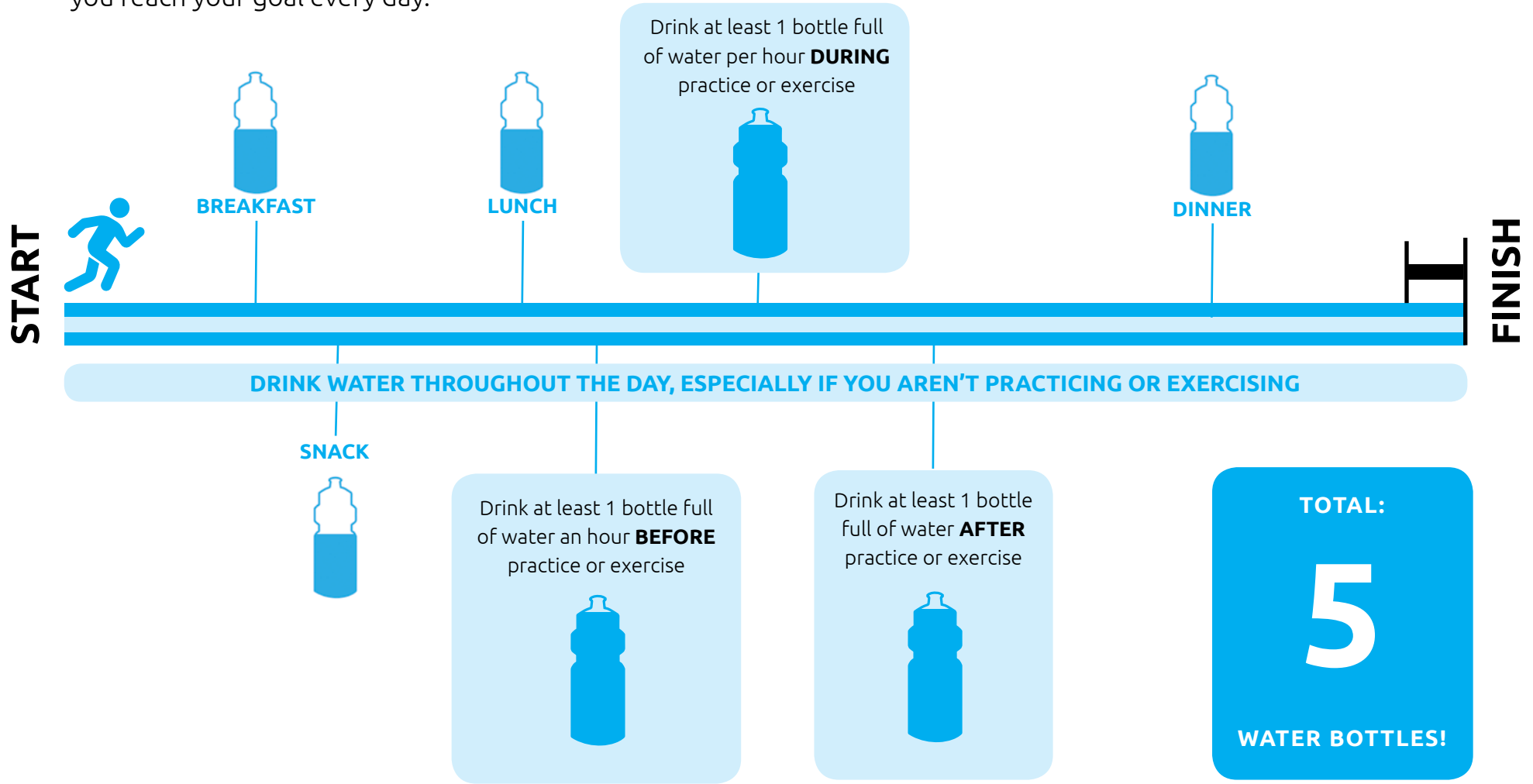
Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



Reach Your Fit 5 Hydration Goal



Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.



Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

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

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	☆	☆	☆	☆								