



Inclusive Healthy Lifestyle Groups in schools

Youth and Athlete Leader Handbook

(easy-to-read)

This handbook is for [Youth Leaders](#) and [Athlete Leaders](#) who want to start a [Inclusive Healthy Lifestyle Group](#) in their school or university.

Please note, that all [underlined and blue words](#) are explained at the end of the document.

In the digital document, you can also click [on the underlined and blue word](#) and you will get to the explanation of the word.

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1. Introduction to Inclusive Healthy Lifestyle groups in schools



Welcome [Youth Leader](#).



We are happy that **you want to start an [Inclusive Healthy Lifestyle group](#)** in your school.



In this handbook **you learn how to organize a healthy lifestyle group**

in your school together with your teacher or coach and **how to be fit and healthy**.

Feeling good and being fit is important



It is important to stay fit and be healthy in daily life.

This means **young people need to learn how to stay fit and healthy every day.**

You can do this by:



- Doing [physical activities](#)



- Eating healthy food



- Drinking enough water every day

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By following these tips young people learn to:



- **Stay healthy** every day
- **Improve performance** in training and competitions
- **Think positive** and **feel good**

You and your partner are the group leaders in your school



The school is the best place to learn things about being fit and healthy.

And you are the best teacher for students in your school.



Together with a friend with or without intellectual disability you can teach other students about how to stay healthy.



You can start an Inclusive Healthy Lifestyle group in your school.

In this group you will lead fitness exercises, you will talk about positive thinking and healthy lifestyle.

What is an Inclusive Healthy Lifestyle group?



An **Inclusive Healthy Lifestyle group offers fun** and brings students with and without intellectual disability together.



The **main goal is to do fitness activities together** and learn about healthy behaviours and activities.

Your group shall meet at least for 8 weeks, once per week.

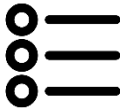
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The fitness activities can happen:



- During or after a [Unified Sports](#) training
- During or after [Physical Education](#) lesson
- In a **Healthy Lifestyle session** for students after school
- [Virtually](#) with the help of social media



You can **find examples of fitness activities** at the end of the document under “Useful information”.

You can also come up with your own healthy lifestyle ideas.

2. How to set up Healthy Lifestyle groups in schools



You and your friend go to your teacher or coach.

Tell your teacher or coach you want to start an inclusive Healthy Lifestyle Group.



Your teacher or coach will **give you a training on how to start** a this healthy lifestyle group **and what to do**.

Then you will develop a plan for every week.

A Healthy Lifestyle group lasts for a minimum of **8 weeks**.

The plan shall answer the following questions:



- **At what time** does the group meet?
- **Where** does the group meet?
- **What will the group do** in each session?

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Tip:



You can use the “Inclusive Healthy Lifestyle Group - session booklet” to write down your activity plan for every session.

Find other students from your schools to join the group.



Safety is really important.

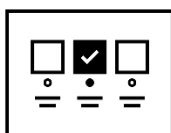
The place where you meet is safe.

All exercises can be done safely by all group members.



If you have done all steps you can **start the with the group activities and to meet.**

Getting healthy: Start an Inclusive Healthy Lifestyle group



Healthy Lifestyle groups can happen in three different ways.

You can see **options A, B, C or D** described below.

You can choose one option or combine different options for your Healthy Lifestyle group sessions.



Option A: During and after Unified Sports Training

Ask your coach to include fitness activities in the Unified Sports training session.



The fitness activities can happen during the “Warm-up part” and “Cool-Down part” of the training.

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The fitness activities can also happen before the sport season or competition period.



You will lead the warm up and cool down session.

You will also assist your coach explaining the activities to your teammates.

Use 5 minutes to talk about healthy habits with your group.

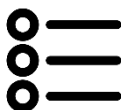
Option B: During or after school hours



Ask your teacher to include healthy lifestyle activities

during the physical education lessons

or you can organize your meetings after school for your friends from your school.



You can choose any activity from the list at the end of the document under “Useful information”.

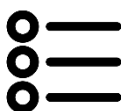
Option C: Virtual Inclusive Healthy Lifestyle group activities



Connect with your Healthy Lifestyle group

through social media or any other [virtual](#) platform.

Show and explain the activities with the video turned on.



You can choose any activity from the list at the end of the document under “Useful information”.

You can also come up with your own health group activities.

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Option D: Activities for the whole school



You can also come up with activities that students from the whole school do together.



For example, you can share information on healthy food in the canteens, how to make breaks more active, or you can share healthy lifestyle tips with everybody.

Important for all 4 options!


Please also talk about these topics in your meetings:



- [Strong minds](#) and a [healthy lifestyle](#)
- what you can do for your well-being
- what you can do against stress
- Write down who participated

3. Useful information

In this chapter you will find examples about different exercises which you can do with your Unified Fitness group.

The symbols are called  “QR codes”.

You can scan these with your phone and it will open a homepage in the internet.

This homepage will include more information about each exercise.

Tip: Ask your partner, coach or teacher if you need help.

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High 5 for Fitness



High 5 for Fitness are cards and videos for people from age 8 – 21.

The videos and cards help you take control of your own fitness by making healthy choices.

<https://resources.specialolympics.org/health/fitness/high-5?locale=en>

Fit5



Being fit supports you to perform at your best level at every competition.

Fit 5 helps you with a plan for physical activity, healthy food and drinking water.

Fit 5 includes videos and cards for fitness exercises.

For more information about Fit5 follow this link:

<https://media.specialolympics.org/Fit-5-Guide-for-Health-Messengers>

Unified Fitness Kit Cards



These Fitness Cards show ideas of different Fitness exercises you can do with your Healthy Lifestyle Group friends.

Click on this link to see the cards:

[Special-Olympics-Unified-Fitness-Kits-and-Cards.pdf](https://specialolympics.org/Special-Olympics-Unified-Fitness-Kits-and-Cards.pdf)
(specialolympics.org)

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Health Promotion Education Posters



Here you can learn more about healthy food, drinking water, Sun protection, Physical Activity, Strong Bones and Handwashing.

Click on the blue link:

[HP Education Posters for Social Media \(PPTX\)](#)

"Everyone join in!" (Alle machen mit!)



Special Olympics Germany has launched an inclusive project called "Everyone join in!"

You can learn about Special Olympics and Unified Sport and find tips and activities for Unified Sport.

Click on this link to see the document:

https://specialolympics.de/fileadmin/Mitmachen/Fuer_Schulen/1_Alle_machen_mit.pdf

Healthy lifestyle tips

Here you can learn more about positive and healthy habits.



- What does healthy habits mean?
- How can you live and stay healthy?
- How can you support your friends?

You can find more tips on a healthy lifestyle when you follow this link: <https://lmy.de/tBfbKYAR>

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Strong Minds



Strong Minds is a Healthy Athletes discipline where you learn:

- How to deal with stress
- How to feel well and think positive
- How to feel strong

Find the **Strong Minds Activity Cards** by clicking on this link:

[Strong-Minds-YA-Activity-Cards-08-2020.pdf](https://www.specialolympics.org/strong-minds-ya-activity-cards-08-2020.pdf)
([specialolympics.org](https://www.specialolympics.org))

Link to additional resources



Do you want to learn more about Sport, Health and Fitness for free?

To join our online courses follow this link:

<https://learn.specialolympics.org/>

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4. Explanation of words and terms

Athlete Leader



Athlete who has an intellectual disability and who was trained by Special Olympics to lead in a specific area.

For example: Health Messenger, assistant-coach.

Health Messenger



Special Olympics Athlete Leader that was trained to be a Health or Fitness Leader.

For example: A Health Messenger explains his team about healthy food.

Improve Performance



To get better at something.

For example: to get better at your sport.

Mentor



Person who supports and offers help for youth leaders, if the help is needed.

For example: My mentor can help me to think about warm-up exercises.

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Physical Activities



Active sport exercises.

For example: jumping-jacks, walking, dancing, swimming.

Physical Education



Sports or exercise that students learn and do at school.

For example: We learn how to play football in Physical Education class.

Special Olympics



Sport Organization for and from people with intellectual disabilities.

For example: Special Olympics Russia, Special Olympics Hellas.

Strength



The power you have in your muscles.

For example: when you can lift a heavy bag.

Inclusive Healthy Lifestyle Group



A group of people with and without intellectual disabilities that do fitness activities together, and learn about what a healthy lifestyle is.

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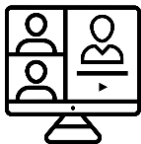
Unified Sports



In Unified Sports® people with and without intellectual disabilities play sports together.

For example: Unified basketball, Unified football.

Virtual



Appearing on a computer or via the internet.

For example: a live session where all participants do Zumba together, but from home and only see each other and the trainer via computer video.

Youth Leader



Young people with or without intellectual disability who are between 14 to 25 years old and do projects in schools and their communities.

Where we got the pictures from

In this handbook we used icons from Special Olympics Resource page, www.topendsports.com, www.flaticon.com and <https://thenounproject.com/>

(The following icon names and creators are from the Noun Project: Yoga by Abraham, Select by Lil Squid, Coach by Adrien Croquet, Running by Adrien Coquet, Option by HideMaru, People search by Rflor, Fitness Group by Federico Falaschi, Fitness by Nithinan Tatah, Schedule by Vectors Point, Cardio Training by Vectors Point, Yoga by Claire Jones, Target by Barracuda, Healthy Food by Maria Kislitsina, Healthy by Nithinan Tatah, Increase by parkjisun, Place by Hrbon, Handshake by Martin Baudin, Running by ProSymbols, Stretching Exercise by ProSymbols, School Children Exercise by Gan Khoon Lay, Read by Viral faisalovers, First Aid by Eagle Eye, School by Vichanon Chaimsuk, Stairs by corpus delicti, Strength by Nathaniel Smith, Over thinking by Gan Khoon Lay, Conversation by Adrien Coquet, Mentor by Adrien Coquet, Video Conference by Vectors Point, Warm up by Adrien Croquet, Water Bottle by Begin sapdian, Hand wave by Carl Holderness, Test by Shocho)

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