

SCHOOL OF STRENGTH

CAREGIVER KIT



Special
Olympics



HELLO FAMILIES & CAREGIVERS!

Good health starts at home. Have your athlete do the activities in this kit together with the School of Strength workout videos to encourage good fitness and nutrition habits that will stick with them for life. Encourage your athlete to use the included Fitness Tracker to track their progress and motivate them to stay active between training sessions. Don't be afraid to join in! You can set a good example, make exercise feel more fun, and even get some of those fitness benefits for yourself.

HEALTHY HABITS

Daily healthy habits are important for fitness. Physical activity, nutrition, and hydration are the building blocks that empower athletes to live their best, and healthiest, possible lives. Encourage your athlete to make healthy choices every day using the tips in this kit.

NUTRITION

Food is fuel. Fueling up with nutritious foods like fruits and vegetables is an important part of athlete fitness. Use this guide for quick and easy healthy snack suggestions that taste great.

HYDRATION

Water is always the healthiest way to hydrate. Use this guide to find simple water recipes that can help your athlete enjoy their favorite flavors without the added sugars found in sodas, sports drinks, juices, or energy drinks.

PHYSICAL ACTIVITY

Nutrition is just one part of being healthy. Your athlete's Special Olympics coach will be helping them stay physically active using the School of Strength Coaches Playbook which includes fun exercises. Encourage your athlete to do these lessons at home by checking out the homework suggestions in the playbook and encouraging them to work out to the School of Strength videos found at [SpecialOlympics.org](https://www.specialolympics.org).

Supplement this Caregivers Kit with the Fit 5 Guide for easy messages, exercises, and tools to use at home.

Thank you, families and caregivers, for everything you do!
— Your friends at Special Olympics



WWE SUPERSTAR BECKY LYNCH AND SPECIAL OLYMPICS SCHOOL OF STRENGTH ATHLETES

FRUITS & VEGGIES



EXTRA CRUNCHY, EXTRA CREDIT

Have your athlete print and cut out these cards. Put them in a jar and pick one out each week to try. Post them on the fridge to track their progress. No printer? Have your athlete choose one card each week and fill in their answers in the PDF.

You're more likely to eat veggies if you pick them out and prepare them yourself.

One veggie I want to buy this week is:

Blend a frozen banana with a cup of water or low-fat milk. Toss in a handful of spinach for an extra dose of nutrients. The banana makes the smoothie sweet with no added sugar!

Make it easy to grab a healthy snack!

Slice up carrots, celery, radishes, peppers, or other veggies and keep them in a bowl with a little bit of water in the fridge. Change the water every other day to keep it fresh.

Enjoy melons like watermelon, honeydew, or cantaloupe in a new way:

Freeze chunks of melon and enjoy as cold treats or put them on skewers for a sweet kabob.

Fruits and vegetables are packed with flavor when they're in season.

What's your favorite fruit or vegetable in season right now?

Post pictures of yourself enjoying your favorite healthy seasonal snack on Instagram @SpecialOlympics

Craving a crunchy snack that tastes great and is healthy too?

One of the best ways to enjoy fruits & veggies is by eating them raw. Choose one to try this week:

- Apple or pear slices
- Carrot & celery sticks
- Bell pepper slices
- Cucumber rounds
- Raw broccoli & cauliflower

Draw a line between your favorite snack combinations:

Veggie	Dip
Snow Peas	Hummus
Celery	Fresh Salsa
Cucumbers	Low-Fat Ranch
Carrots	Low-Fat Cottage Cheese

Pick one and snack on that throughout the week!

Looking for a hot healthy snack?

Heat up frozen edamame for a satisfying savory flavor. They're fun to pop out of their shells and full of muscle-building protein.

Plain, nonfat yogurt with berries is a quick snack that makes a great replacement for ice cream.

What's your favorite kind of berry? Choose one to top on your yogurt this week.

- Strawberry
- Blueberry
- Raspberry
- Blackberry
- Other _____





BETTER BEVERAGES

Water is always the best choice. Encourage your athlete to carry a reusable water bottle with them and count how many times they are refilling it throughout the day. Water doesn't have to be boring either! Your athlete can enjoy all their favorite flavors without the unhealthy added sugars that come with soda, sports drinks, or energy drinks.

Whether your athlete is rehydrating after a workout, or just grabbing a drink at home, water is always the best choice. Ready to find your family's new favorite way to enjoy water? **Have your athlete pick their 5 favorite flavors for a personalized water recipe recommendation:**

SWEET	HERBAL	CITRUS	TROPICAL
<input type="checkbox"/> Strawberry <input type="checkbox"/> Watermelon <input type="checkbox"/> Grape <input type="checkbox"/> Blueberry	<input type="checkbox"/> Mint <input type="checkbox"/> Rosemary <input type="checkbox"/> Basil <input type="checkbox"/> Cucumber	<input type="checkbox"/> Orange <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Grapefruit	<input type="checkbox"/> Mango <input type="checkbox"/> Pineapple <input type="checkbox"/> Kiwi Fruit <input type="checkbox"/> Passion Fruit

Which category has the most flavors your family likes? Prepare and add them to your water for flavor. Or get inspired with the water recipes below.

SWEET	HERBAL	CITRUS	TROPICAL
Melonberry Water	Cool Refresh Mint Water	So-Fizz-ticated Citrus	Vacation in a Glass
			
<p>Mix 1 cup blueberries and 1 cup watermelon chunks with enough cold water to fill a 2-quart pitcher.</p>	<p>Slice 1 medium-sized cucumber and 1 lime into rounds (rind removed). Combine sliced ingredients with 5 mint leaves and enough cold water to fill a 2-quart pitcher.</p>	<p>Rinse, slice, and squeeze the juice of 2 limes, combine with enough cold sparkling water to fill a 2-quart pitcher. Add 1 small pint of fresh or frozen raspberries.</p>	<p>Peel and slice 1 kiwi (rind removed) and a handful of strawberries. Mix with water in a 2-quart pitcher. For a fancy twist, garnish your glass with a kiwi slice.</p>

For best results, let the ingredients sit in the water for at least half an hour before drinking. Water recipes can be stored up to 3 days in the refrigerator. Remove fruit rinds from water after 24 hours to avoid any bitter flavors.





Share your water creations with us on Instagram @SpecialOlympics.

SNACK SMARTER

Out of sight, out of mind! Make it easier for your athlete to choose healthier snacks. Put healthier snacks (like whole fruit and unsalted nuts) where your athlete can easily grab them and less healthy snacks (cookies, chips, and pastries) in cupboards.

Print out these recipe cards and put them on your fridge for a healthy reminder:

You can enjoy all of your favorite flavors and textures without unhealthy packaged junk food. Which healthy snack matches your snack style?

SWEET	SPICY	SAVORY	CRUNCHY
Strawberry Yogurt Pops	Spicy Spears	Cheese and Turkey Roll-Ups	Hummus with Fresh Vegetables
			
Craving a snack that satisfies your sweet tooth? These frozen treats use real fruit instead of added sugar.	Craving a snack with a little heat? Turn up the flavor with these spicy fruit salad cups.	Looking for a mild-flavored snack that satisfies? Make this fast and easy protein-packed snack.	Do you like snacks with a satisfying crunch? Try dipping raw veggies in hummus.
Blend 1 cup plain, nonfat yogurt with 6 chopped strawberries and half a frozen banana in a blender. Use an ice tray or paper cups as a mold and pour in yogurt mixture. Cover tray or cups with plastic wrap or aluminum foil and add craft sticks. Freeze about 4 hours or until firm.	Cut 1 cup each of fresh mango, watermelon, pineapple, papaya, jicama, and cucumber into spears. Drizzle with juice from 1 lime and sprinkle with 1 teaspoon chili powder. Divide into cups. Enjoy!	Take a slice of turkey and roll it up with your favorite deli-sliced low-fat cheese for a healthy snack that's quick and packed with protein.	Serve hummus with your favorite crunchy veggies such as carrots, celery, cucumbers, or snow peas.

SCHOOL OF STRENGTH | FITNESS TRACKER

START DATE

FOCUS ON FITNESS EVERY WEEK

This tracker can help you reach your fitness goals! Fitness works best when you eat healthy and stay active most days each week. Your goal is to eat healthy every day and do the exercise videos 5 days per week. Use this tracker to set fitness goals and stick to them.

FITNESS IS FUN

Fitness is good for your body! It feels amazing to hit your goals, especially when they're tough. Want more of a challenge? For a harder workout, watch each video more than one time in a session.

FITNESS IS FOR LIFE

It's never too late to start exercising or to jump back in. This fitness tracker can help. Once you finish this tracker, start planning your next week of exercise using a fresh tracker.

Fill in the tracker each day with the video you worked out to and how many times you did it.
Always start by warming up to **Video 1: Welcome and Warm-Up.**

I did video 3
2 times today



Share your fitness journey with us! Post pictures of your tracker on Twitter or Instagram. Don't forget to tag us! @SpecialOlympics #InclusiveHealth.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Remember to warm up with Video 1 before every workout!</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Focus on form. Follow the athletes in the videos. It's OK to pause or rewind to make sure you're doing the exercises correctly.</i></p>	<p>Rest Day</p> <p><i>Tip: Exercise is important, but so is letting your body recover. Try to train 5 days a week, and rest for 2.</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Working out is more fun with a buddy. Ask a friend to do the videos with you.</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Stay hydrated! Pause the video whenever you're thirsty to grab a sip of water.</i></p>	<p>Rest Day</p> <p><i>Tip: If you love crunchy snacks, try carrots or celery with hummus for a healthy, filling treat.</i></p>	<p>Workout</p> <p>I did video _____ times today.</p>
<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Remember to warm up with Video 1 before every workout!</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Great job on making it to week 2! Don't forget to cool down with stretches after working out.</i></p>	<p>Rest Day</p> <p><i>Tip: Refresh with water during and after your workout, instead of a sports drink. You'll get hydrated without all the added sugar!</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Protein doesn't just come from meat. Beans, peas, nuts, seeds, and eggs are all good sources of protein.</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Nutrition is an important part of strength. Eating healthy food, like fresh fruits and vegetables, helps your body grow strong.</i></p>	<p>Rest Day</p> <p><i>Tip: Don't rush when you eat! Take your time and listen to your body. Stop eating when you're full.</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p>Congrats on finishing your tracker! Time to start a new one for the next 4 weeks.</p>
<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Remember to warm up with Video 1 before every workout!</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Remember to warm up with Video 1 before every workout!</i></p>	<p>Rest Day</p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Everyday activity can be considered exercise, like short walks or taking the stairs. Walking, jogging, or riding a bike are all good ways to stay moving.</i></p>	<p>Workout</p> <p>I did video _____ times today.</p>	<p>Rest Day</p>	<p>Workout</p> <p>I did video _____ times today.</p>
<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Remember to warm up with Video 1 before every workout!</i></p>	<p>Workout</p> <p>I did video _____ times today.</p> <p><i>Tip: Remember to warm up with Video 1 before every workout!</i></p>	<p>Rest Day</p>	<p>Workout</p> <p>I did video _____ times today.</p>	<p>Workout</p> <p>I did video _____ times today.</p>	<p>Rest Day</p>	<p>Workout</p> <p>I did video _____ times today.</p>