

2021 Special Olympics Iowa Winter Training Playbook



This book belongs to: _____

My goal for the next 8 weeks is:

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Welcome to Team Fit: New Year, Healthy Me

What's next?

- 1) SOIA will introduce you to your teammates. Find a time that works for everyone to meet virtually each week.
- 2) Complete the activity each day on your training log. Watch the supplemental Youtube/Zoom videos if you have access to them.
- 3) Keep track of the activities you complete by marking them on your weekly training log.
- 4) After completing a whole week, email a picture of that week's training log to registrations@soiowa.org or ask a teammate to help.

Join us for the
**Team Fit: New Year, Healthier Me
Kick-Off Zoom**
Monday, January 4, 2021
5:30-6:00 PM

The link to register can be found at
www.soiowa.org/team-fit-new-year-healthy-me-2/.

Email kneustrom@soiowa.org with any concerns regarding tracking and reporting or to get any other questions answered.

**Prepare for
upcoming sports
seasons!**

**Get your
2021 goals
kickstarted!**

**Earn cool stuff
if you turn in your
training log!**

**Make NEW
friends!**

Team Fit: New Year, Healthy Me Goal Setting

(By: Logan Anderson, All Strong Fitness LLC)

Why should we set goals for ourselves?

1. Goals are important for long & short term _____.
2. Goals keep you _____.
3. Goals remind you where you _____.
4. Goals help focus your _____.

Answers

1. Success 2. Motivated 3. Started 4. Attention

Types of Goals

Outcome Goals

- What people typically focus on.
- Big picture or end goal.
- Not controllable.

Process Goals

- Help to reach your outcome goals.
- Focus on your behaviors today.

Setting a Goal for Yourself (with SMART Goals)

S(pecific) _____

M(easurable) _____

A(chievable) _____

R(elevant) _____

T(ime-Oriented) _____

Welcome to Team Fit: New Year, Healthy Me

How do I register for a Zoom session?

- 1 - Go to soiowa.org and click on the Team Fit logo at the bottom of the page.
- 2 - Scroll to the bottom of the Team Fit: New Year, Healthy Me webpage and click on the session you are wanting to register for.
- 3 - Fill out the registration form and watch for a confirmation email.
- 4 - Join the Zoom session by clicking on join meeting in the confirmation email.

How do I find the supplemental videos on YouTube?

- 1 - Go to SOIA on YouTube. (www.youtube.com/channel/UCJhUn9lA2PDMhdr68df5OLg)
- 2 - Click on the Team Fit: New Year, Healthy Me playlist (the second row of videos on the webpage).
- 3 - Click on the video you want to watch.

How to Submit Your Weekly Activity and Get General Questions Answered

Make sure to use your weekly training log to check off the activities you complete.

Each Monday, report the previous week's activity completion! Here are a few different ways to do this:

Option 1 (preferred method): Email your name and a picture of your training log, with the days you completed marked off, to registrations@soiowa.org.

Option 2: Email your name and a list of the days you completed and were able to mark off to registrations@soiowa.org.

Option 3: Ask a friend, family member, or teammate to email for you!

Option 4: Call the Special Olympics Iowa office at 515-986-5520 and report your name and the amount of activities you completed.

Reporting your progress is the way that you will be eligible to receive pins and other prizes!

WEEK #1 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Jan. 4	Jan. 5	Jan. 6	Jan. 7	Jan. 8	Jan. 9	Jan. 10
SOIA Activity	Try cooking... Sheet-Pan Seasoned Chicken or another recipe with chicken. (Page 15)	Starring Unified pair Mallory and Jenah of University of Iowa. (Page 17)	Let's go for a 20+ minute indoor walk! (Page 18)	I brushed my teeth ___ times and flossed ___ times today! (Page 24)	In 1 MINUTE, I did... ___ Push-Ups from Knees ___ Jumping Jacks and I held my Single Leg Stance for ___ seconds on my stronger leg. (Page 25, 26, 28)	Draw a Power Plate! _____ (Page 29)	What is Self-Care? (Pages 32)
Supplemental video		Video found on YouTube.			Video found on YouTube.	Join us LIVE on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #2 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Jan. 11	Jan. 12	Jan. 13	Jan. 14	Jan. 15	Jan. 16	Jan. 17
SOIA Activity	Try cooking... PB&J Over- night Oats or another recipe using oats. (Page 16)	Spencer Community High School Unified pair Trinity and Gracy invite you to try Winter Yoga. Use creative thinking to stretch your body to holiday themed poses.	Walk or jog for the duration of 7 of your favorite songs. (Page 18)	I wear a mask because _____ _____ _____ _____ (Page 21)	- 3 sets of 10 chair squats - 3 sets of 15 jumping jacks -3 sets of 15 second calf stretch (both sides) -3 sets of 15 second single-leg stance (both sides) (Pages 25, 26, 27, 28)	Craft Time: Make a Silly Slime creation. (Page 30)	Learn to journal! I journaled about _____ _____ (Page 33)
Supplemental video		Video found on YouTube.		Video found on YouTube.	Video found on YouTube.	Join us on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #3 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Jan. 18	Jan. 19	Jan. 20	Jan. 21	Jan. 22	Jan. 23	Jan. 24
SOIA Activity	Try cooking... Tortellini Salad or another recipe with a lettuce base. (Page 15)	Northwestern College Unified pair Bella and Juliana want you to create a dance to your favorite song!	BUNDLE UP and walk outdoors for 25+ minutes. (Page 18)	When I wash my hands, I scrub them for _____ seconds! (Page 22)	- 3 sets of 10 push-ups from knees - 3 sets of 15 quick punches - 3 sets of 30 seconds butterfly stretch -3 sets of 10 torso twists (each side) (Pages 25, 26, 27, 28)	Try JUGGLING! _____	Winter is hard! I am going to stay motivated by _____ _____ _____ (Pages 31)
Supplemental video		Video found on YouTube.			Video found on YouTube.	Join us LIVE on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #4 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Jan. 25	Jan. 26	Jan. 27	Jan. 28	Jan. 29	Jan. 30	Jan. 31
SOIA Activity	Try cooking... 10-Minute Stove-Top Salmon or another reci- pe with salmon. (Page 13)	Central De- Witt High School Unified pair Nicolas and Lexi challenge you to get moving with the Chicken Dance!	DANCE IT OUT for 20+ minutes! (Page 18)	One thing that makes a good teammate is _____ _____ (Page 20)	- 3 sets of 10 curl-ups (crunches) - 3 sets of 15 jumping jacks -3 sets of 15 second calf stretch (both sides) -3 sets of 10 toes raises (Pages 25, 26, 27, 28)	Pictionary: Look out your window, draw the first thing you see!	Gratitude: Something I am grateful for today is _____ _____ _____ (Page 34)
Supplemental video		Video found on YouTube.	Join us live on Zoom at 6:00 PM for a virtual dance party!	Video found on YouTube.	Video found on YouTube.	Join us on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #5 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Feb. 1	Feb. 2	Feb. 3	Feb. 4	Feb. 5	Feb. 6	Feb. 7
SOIA Activity	Try cooking... Stuffed Peppers or another recipe with vegetables. (Page 16)	Starring St. Ambrose University's ADAPT Unified Club. (Page 17)	Walk it out indoors for 25+ minutes! (Page 18)	I'm going to add _____ to my morning routine today! (Page 19)	- 3 sets of 10 push-ups from knees - 3 sets of 1 minute jog in place - 3 sets of 30 seconds child's pose -3 sets of 30 seconds single leg stance (each side) (Pages 25, 26, 27, 28)	Call a friend and tell them a joke!	Answer at least 5 of the positive psychology prompt questions! (Pages 32)
Supplemental video		Video found on YouTube.		Video found on YouTube.		Join us LIVE on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #6 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Feb. 8	Feb. 9	Feb. 10	Feb. 11	Feb. 12	Feb. 13	Feb. 14
SOIA Activity	Try cooking... Egg-Spinach Scramble or another high-protein breakfast. (Page 14)	Ankeny Centennial HS Unified wants you to use a bucket and wooden spoon to drum the beat of your favorite song! Add some dance moves to get your heart beating faster!	Go on a walk for the duration of your favorite 8 pump up songs. (Page 18)	I'm going to go to sleep at __:___ PM to get a good night's rest tonight. (Page 22)	-3 sets of 10 chair squats -3 sets of 15 jumping jacks -3 sets of 15 second calf stretch (each side) -3 sets of 10 torso twist (each side) (Pages 25, 26, 27, 28)	Create a Valentine's Day card for a loved one.	Picture journal about your day. (Page 33)
Supplemental video		Video found on YouTube.			Video found on YouTube.	Join us on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #7 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Feb. 15	Feb. 16	Feb. 17	Feb. 18	Feb. 19	Feb. 20	Feb. 21
SOIA Activity	Try cooking... Chickpea Salad Sandwich or another recipe with chickpeas (aka garbanzo beans) (Page 14)	SOIA Unified staff Bryan and Lexxi want you to get creative with household items as workout equipment.	Put on a WARM outfit and walk outside for 30+ minutes. (Page 18)	Focus on YOUR progress today. (Page 23)	Post-Test Day! In 1 MINUTE, I did.... ___ Push-Ups from Knees ___ Jumping Jacks and I held my Single Leg Stance for ___ seconds on my stronger leg. Enter these results on www.soiowa.org to compete in the Virtual Fit Competition. (Pages 25, 26, 28)	Do an afternoon warm-up! Include high knees, arm circles, and chair squats.	Practice an anger management skill from the set of cards. (Pages 34)
Supplemental video		Video found on YouTube.		Video found on YouTube	Video found on YouTube.	Join us LIVE on Zoom at 12:00 PM!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

WEEK #8 TRAINING LOG

Name: _____

Check off each day that you completed the activity! At the end of the week, submit your training log to get credit for your hard work.

	Meal Prep Monday	Teammate Tuesday	Workout Wednesday	Thought- Provoking Thursday	Flexin' Friday	The Saturday Special	Self-Care Sunday
	Feb. 22	Feb. 23	Feb. 24	Feb. 25	Feb. 26	Feb. 27	Feb. 28
SOIA Activity	Try cooking... Bean and Corn Chili Pasta or another recipe with whole wheat noodles. (Page 13)	Marion High School encourages you to come up with your own cheer for Special Olympics Iowa	Put on a WARM outfit and walk outside for 30+ minutes. (Page 18)	Attend a virtual activity of your choosing. Register at www.soiowa.org/team-fit-new-year-healthy-me-2/ .	Post-Test Day! Attend the End-Of-Program Celebration Zoom Workout, or repeat your favorite workout from this program. Register at www.soiowa.org/team-fit-new-year-healthy-me-2/ .	Congrats on reaching the end of the Team Fit: New Year, Healthy Me season.	You should be proud of all of your accomplishments! You will be receiving any prizes you have earned in the next couple weeks.
Supplemental video		Video found on YouTube.					
Check box when complete.							

Did you connect virtually with your teammates this week? YES NO

Make sure to turn your training log in to earn this week's pin!

Meal Prep Monday Recipes

Try making these healthy recipes! Feel free to substitute or leave ingredients out that you do not have access to.

1 10-Minute Stove-Top Salmon (From Hy-Vee Dietitians)

Directions:

Step 1 - Pat salmon dry. Season with salt and black pepper or rub your favorite seafood seasoning on fillets.

Step 2 - Heat canola oil in a 12-inch skillet over medium-high heat until shimmering. Add salmon fillets, skin side up, to skillet. Cook 4 minutes.

Step 3 - Carefully flip fillets, using a fish spatula. Reduce heat to medium. Continue cooking 4 to 5 minutes more or until done.

Step 4 - Top salmon fillets with desired toppings.

Ingredients

- Desired seasonings, such as salt, pepper, and/or purchased seafood seasoning
- 1 tbsp. Hy-Vee canola oil
- 4 (4-to-5-oz. each) salmon fillets, skin on
- Desired toppers, such as: pico de gallo, avocado, pesto and tomatoes

2 Bean and Corn Chili Pasta (From Hy-Vee Dietitians)

Directions:

Step 1 - Heat oil in a stockpot over medium heat. Add onions, celery, chopped serranos, and garlic; cook until softened. Stir in tomatoes, beans, vegetable stock, corn, cumin, chili powder, paprika, salt, and black pepper. Bring to boiling; reduce heat. Simmer 10 minutes. Keep warm. Meanwhile, cook pasta according to package directions. Divide pasta among 8 serving plates; top each with 1/2 cup chili and desired toppers.

Ingredients

- 1 tbsp. Gustare Vita olive oil
- 1/4 c. Hy-Vee Short Cuts chopped white onions
- 1/2 c. Hy-Vee Short Cuts celery, chopped
- 2 serrano chile peppers, finely chopped
- 1 (14.5-oz.) can Hy-Vee fire-roasted diced tomatoes with seasonings
- 1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed
- 1 (15-oz.) Hy-Vee no-salt-added kidney beans, drained and rinsed
- 3/4 c. Hy-Vee vegetable stock
- 1/2 c. Hy-Vee frozen cut gold corn
- 1 1/2 tsp. Hy-Vee ground cumin
- 1 1/2 tsp. Hy-Vee chili powder
- 3/4 tsp. smoked paprika
- 3/4 tsp. Hy-Vee salt
- 1/4 c. Hy-Vee ground black pepper
- 1 16-oz.) pkg. Hy-Vee rigatoni pasta
- Desired toppers, such as: sliced avocado, Hy-Vee sour cream, Hy-Vee shredded Colby Jack cheese, sliced serrano chile peppers, and/or fresh cilantro

Meal Prep Monday Recipes

Try making these healthy recipes! Feel free to substitute or leave ingredients out that you do not have access to.

1 Chickpea Salad Sandwich (From Hy-Vee Dietitians)

Directions:

Step 1 - Coarsely mash chickpeas in a large bowl with a fork. Stir in celery, parsley, yogurt, shallot, lemon juice, mustard, salt, and pepper.

Step 2 - Spread chickpea mixture on toasted bread, wrap, or use as a dip with Triscuits. If desired, top sandwiches with lettuce, tomato, and/or onion.

Ingredients

- 1 (15-oz.) can Hy-Vee no-salt-added garbanzo beans, or chickpeas, rinsed and drained
- 1 stalk(s) celery, chopped
- ½ c. fresh parsley, chopped
- 2 tbsp. Hy-Vee plain Greek yogurt
- 2 tbsp. shallot, finely chopped
- 4 ½ tsp. fresh lemon juice
- ½ tsp. Hy-Vee Dijon mustard
- Hy-Vee salt
- Hy-Vee ground black pepper
- Desired toppings, such as: whole-wheat bread, lettuce, tomato, and/or onion

2 Egg-Spinach Scramble Mug (From Hy-Vee Dietitians)

Directions:

Step 1 - Spray a 12-oz. microwave-safe mug with nonstick spray.

Step 2 - Combine eggs, milk, Italian seasoning, salt, and pepper in prepared mug with a fork. Stir in spinach and cheese.

Step 3 - Microwave on HIGH for 2 minutes or until egg is cooked through (165 degrees). Serve topped with tomato.

Ingredients

- 3 Hy-Vee large eggs
- 2 tbsp. Hy-Vee 2% reduced-fat milk
- ¼ tsp. Hy-Vee Italian seasoning
- Hy-Vee salt
- Hy-Vee ground black pepper
- ¼ c. fresh spinach leaves, chopped
- 2 tbsp. Hy-Vee finely shredded sharp Cheddar cheese
- Fresh tomato, chopped, for serving

Meal Prep Monday Recipes

Try making these healthy recipes! Feel free to substitute or leave ingredients out that you do not have access to.

1 Sheet-Pan Seasoned Chicken (From Hy-Vee Dietitians)

Directions:

Step 1 - Preheat oven to 400 degrees. Cut chicken breasts into 1/2 to 3/4-inch-wide strips. Pat chicken dry with paper towels. Combine oil, lime zest and juice, and salt; toss with chicken. Sprinkle and toss taco seasoning with chicken until evenly coated. Spread chicken in a single layer in 2 large rimmed baking pans.

Step 2 - Bake for 15 to 18 minutes or until chicken is done (165 degrees). Transfer half of chicken to a serving platter. Serve as desired, or use in the base of our Make-Ahead Chicken Fajitas recipe.

Ingredients

- 3 lbs. Hy-Vee boneless, skinless chicken breasts, cut into 1/2-inch-thick slices
- 3 tbsp. Hy-Vee canola oil
- 1 1/2 tsp. lime zest
- 2 tbsp. fresh lime juice
- 3/4 tsp. Hy-Vee salt
- 1/4 c. salt-free taco seasoning

2 Tortellini Salad (From Hy-Vee Dietitians)

Directions:

Step 1 - Bring a large pot of lightly salted water to a boil. Cook tortellini according to package directions. Drain; rinse with cold water.

Step 2 - While tortellini is cooking, toss together chopped California medley vegetables and fresh arugula. Toss with cold tortellini and dressing. Serve immediately.

Ingredients

- 1 (19-oz.) pkg. Hy-Vee frozen cheese tortellini
- 1 (1-lbs.) pkg. Hy-Vee Short Cuts California medley, chopped into bite-size pieces (mix of broccoli, baby carrots, and cauliflower)
- 1 (5-oz.) pkg. fresh arugula
- 1/3 c. Culinary Tours creamy Italian white balsamic dressing

Meal Prep Monday Recipes

Try making these healthy recipes! Feel free to substitute or leave ingredients out that you do not have access to.

1

PB&J Overnight Oats (Logan Anderson, All Strong Fitness LLC)

Directions:

- Step 1** - Place oats and liquid in a bowl.
- Step 2** - Microwave for 1.5 minutes.
- Step 3** - Place banana, peanut butter, jelly, and syrup in a bowl.
- Step 4** - Stir ingredients until mixed.
- Step 5** - Place bowl in fridge overnight. Enjoy tomorrow!

Ingredients

- 1/2 c. quick oats
- 1 diced banana
- 1 c. water or low fat milk
- 1 tbsp. peanut butter
- 1 tbsp. low sugar jelly
- 1 tbsp. low sugar syrup

2

Stuffed Peppers (Logan Anderson, All Strong Fitness LLC)

Directions:

- Step 1** - Brown meat in a pan, and add taco seasoning.
- Step 2** - While browning the meat, cook your minute rice in the microwave.
- Step 3** - Cut the stems and seeds out of your pepper so they look like a tiny bowl.
- Step 4** - Combine the cheese and rice with the taco meat in the pan.
- Step 5** - Stuff the cheese, rice and meat into the pepper bowls.

Ingredients

- 4 bell peppers
- 1 lb. lean ground beef
- 1/2 c. low-fat cheese
- 1/2 c. minute rice
- 1 packet taco seasoning

Teammate Tuesday Activities

Try these activities created by Special Olympics Iowa Unified pairs! Don't forget to watch the YouTube video to go along with them if you have access.

1

"ABC" Workout

By University of Iowa Unified pair, Mallory and Jenah

- Spell your name!
- A- 20 arm circles
 - B- 20 bicycle crunches
 - C- 10 squats
 - D- 10 star jumps
 - E- 10 jumping jacks
 - F- 5 forward hops
 - G- 10 left leg raises
 - H- 20 high knees
 - I- 10 glute bridges
 - J- 20 second plank
 - K- 10 right leg lifts
 - L- 20 jumps in place
 - M- 5 lunges each leg
 - N- 10 single leg hops each leg
 - O- 20 mountain climbers
 - P- 5 push ups
 - Q- 5 burpees
 - R- 20 second squat hold
 - S- 10 sit ups
 - T- 10 inchworms
 - U- 20 second wall sit
 - V- 10 calf raises
 - W- 5 backwards hops
 - X- 20 butt kicks
 - Y- 5 side lunges each leg
 - Z- 10 crunches

2

Hangman

By ADAPT, St. Ambrose University Unified Club

Grab your friends or family and enjoy a fun game of hangman! Have one member of your group pick the secret word or phrase and then take turns guessing letters! There's a twist though, each letter you get wrong has a corresponding exercise attached to it. So, if you guess B, but there isn't a B in the word, check to see which exercise to complete.

- | | |
|--|---|
| A = Arm circles for 40 seconds | N = Neck rolls for 10 seconds |
| B = 2 Burpees | O = Overhead stretches for 25 seconds |
| C = 3 Crunches | P = 2 Push-ups |
| D = 4 Jumping Jacks | Q = Quad stretches for 20 seconds |
| E = 5 Elbow to Knees (Touch right elbow to right knee/left elbow to left knee) | R = Run in place for 30 seconds |
| F = Flutter kicks for 15 seconds | S = 4 Squats |
| G = Giant leaps jump as high as you can for 10 seconds | T = Toe touches for 20 seconds |
| H = High knees for 20 seconds | U = Pick a stretch of your choice! |
| I = 2 Squats | V = 10 Jumping Jacks |
| J = 5 Jumping jacks | W = Wall sit for 20 seconds |
| K = 3 Kick squats (squat then kick) | X = 5 Push-ups |
| L = 5 Lunges | Y = Yoga pose |
| M = Mountain climbers for 15 seconds | Z = Zigzag run in a zigzag pattern for 10 seconds |

Did you guess the wrong word? Complete this exercise!:

- 15 Jumping Jacks
- 6 Push-ups
- 8 Squats

**Please feel free to sub or change any exercises, if need be.

Workout Wednesday Workouts

Get your heart rate up during cardio workout day. Make sure to wear good exercise shoes when completing these workouts.

1 Indoor Walk

Stay inside and get your steps in! Set a timer and walk laps around your house, apartment, or whatever safe indoor space you have available.

Pass time by:

- calling or Facetiming a friend
- singing a song
- listening to a podcast or audiobook
- sharing highs and lows of your day with anyone you may be walking with

2 Dance Workout

Dancing is a great way to get your heart rate up and work different muscles while giving yourself the chance to let loose and have fun. Make a playlist of your favorite, upbeat songs, find some space (can be in an open place or a private room) and dance it out. The key to getting a good workout is keeping movement continuous, only stopping when you need a break to catch your breath!

3 Bundle Up Outside Walk

There is nothing like the energizing, brisk winter air to set the stage for a great walk. Make sure to bundle up, wearing a hat, gloves, warm socks, and enough layers to stay warm when heading out. Don't walk on sidewalks or trails that are covered in ice and snow, check the temperature before you leave to make sure it is manageable. Follow all existing safety procedures in your area, stay aware of your surroundings, and enjoy!

4 Music Walk

Music can set the tone for a workout and help time pass easily. Make a playlist of calm, reflective music for a mid-day cool down walk or some of your fast-beat favorites to get yourself pumped up during your workout session. Try stepping to the beat of the song or increase your pace every time the chorus comes on.

Thought-Provoking Thursday

Get Your Body Moving Morning Routine (By: Hannah La Vie)

Step One: Wake up. A great way to keep your body in routine is to wake up around the same time each day. This is way easier said than done, but it is a great way to establish a routine. When your body knows what to expect it is a lot healthier and happier! It is also a good idea to get a good 9-10 hours of sleep per night.

Step Two: Journal. Spend about five minutes journaling. This helps keep your mind in a healthy mindset and set yourself up for a healthy day. Some prompts to think about are things that you want to achieve that day, things you are grateful for, how to make today a good day, and your plans for the day. You can journal about anything you wish to; these are just a few ideas.

Step Three: Hygiene. Get dressed into your clothes for the day. Put on deodorant, wash your face with a soap of your choice, and brush your teeth. Getting ready for the day helps keep our bodies and minds happy. It keeps our bodies healthy when we take good care of them, and we often are more motivated, productive, and positive when we establish healthy routines.

Step Four: Breakfast Portion: Have a healthy breakfast. Here is a simple and easy way to make a healthy strawberry and blueberry yogurt parfait.

- a. First grab a yogurt of your choice. I will be using some greek vanilla yogurt, but any yogurt will do.
- b. Measure out the amount of yogurt you would like. About 1-2 cups should be good, but whatever you would like is fine. Pour the measured amount of yogurt into the bowl.
- c. Wash the strawberries and blueberries. Cut the stems of the strawberries and then cut your strawberries once horizontally and once vertically so that you have 4 pieces of strawberries.
- d. Optional: To avoid a choking hazard you may cut the blueberries in half horizontally.
- e. Add as much fruit as you would like, about $\frac{1}{3}$ of a cup of blueberries and $\frac{1}{3}$ of a cup of strawberries is recommended. Measure out the amount of fruit you would prefer, and pour it into the bowl.
- f. Stir the fruit and yogurt until it is the consistency you desire.
- g. Pour yourself a glass of some nice refreshing water. You can use any glass and add as much water as you would like.
- h. Enjoy your yummy breakfast creation.

This is the end of the morning routine! These are all just suggestions to help keep your morning in routine to keep your bodies and minds healthy. Feel free to remove any of the suggestions or add some of your own suggestions to this morning routine.

Thought-Provoking Thursday

What Makes a Good Teammate?

(By: Logan Anderson, All Strong Fitness LLC)

Being Trustworthy

- Being trustworthy allows your team to get more done
- Trusting your team provides a sense of unity and closeness

Being Respectful

- Getting along with teammates makes working together more enjoyable
- If you respect your team, they will respect you back

Being Calm When Things Are Hectic

- During sport and life there will be times of chaos
- Being calm allows the team to navigate the chaos easier
- If YOU are calm your team will also be calm

Being a Good Listener

- Listening to your teammates needs will build better trust
- Listening to your teammates will help complete the task better

Being Open to Share

- If a team is not willing to share with each other, work will be slowed
- Without sharing, the purpose of having a team is defeated

What is one thing that you can do to be a better teammate during 2021?

Example - I am normally not respectful to the new members to my softball team. This year I am going to be more respectful by introducing myself to any new member of the team.

Write Your Example Below:

Why Should You Wear a Mask?

1) They reduce viral transmission

- Masks can reduce viral transmission by 70% if everyone wears them covering their nose and mouth. According to the CDC, that also means washing your hands before putting your mask on and making sure it covers your nose and mouth.

- Masks should also fit snugly against your face and remain there until you leave a public place.

2) They prevent asymptomatic spread

- According to the CDC, an estimated 50% of transmission happens before people develop any Covid-19 symptoms. Wearing a mask is an easy way to reduce the risk of unknowingly spreading Covid-19 to someone else.

- You also need to social distance 6 feet apart and practice good hygiene like washing your hands for 20 seconds to prevent spread.

3) They're good hygiene in general

- Wearing a mask to protect yourself and others, like family and friends, is normal.

- The sooner we start wearing a mask, the sooner we can get through this and get back to doing things we love like in-person Special Olympics sports and activities. **What are looking forward to getting back to once it is safe again?** _____

Different Types of Face Masks

Bandana

Is a triangular or square piece of cloth. Bandana's provide some protection against droplets and cough or sneeze-related "spray".

T-shirt Masks

Are one-third as effective as disposable surgical masks. The upside is that they're comfortable as the slightly stretchy material conforms to the face.

Homemade Cloth Masks

The effectiveness of a homemade cloth face mask largely depends upon its construction. Densely woven cotton fabrics such as quilting cotton are the best.

Surgical Mask

Can filter out about 60% of smaller, inhaled particles. Surgical Masks are not designed to be worn more than once.

Masks Come in Fun Designs

- They have some fun designs in masks! **What does your favorite mask look like?** _____

Please Wear Your Mask

- Please wear it covering your nose and mouth and snugly against your face.

Thought-Provoking Thursday

What small step will you take today to become a healthier you?



Healthy Sleeping Tips ^{zzz}



LESS SCREEN TIME

Try limiting the use of technology (like TV, smartphones, and computers) for at least 30 minutes before bed.



AVOID CAFFEINE BEFORE BED

Don't eat or drink any caffeine for at least 4 hours before bed. Caffeine can be found in coffee, tea, chocolate, and cola.



SLEEP ROUTINE

Create a routine by going to bed and waking up at the same time every day and doing relaxing activities before bed (read a book, take a warm bath, do some stretches/yoga, listen to music, or meditate).



GOOD SLEEPING SPACE

Your sleeping space should be dark and be a comfortable temperature.



CALMING ACTIVITY

If you have trouble falling asleep, try a calming activity. For example: listen to music, meditate, think positive thoughts, deep breathing, or use a stress ball



DAILY EXERCISE

Exercise is important, but not right before bed. Finish exercise at least 3 hours before bedtime to help you fall asleep faster.

HANDWASHING

MY GOAL:

Have clean hands and prevent spread of germs

HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading

WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

Sing happy birthday to yourself twice
OR
Sing the alphabet song to yourself



SpecialOlympics.org

SpecialOlympics.org



Thought-Provoking Thursday

Keeping YOUR Health & Wellness About YOU (By: Logan Anderson, All Strong Fitness LLC)

Why do we often compare our health and wellness to others?

- We may have a competitive nature
- We are not satisfied with our current health and wellness
- We have unrealistic expectations for our own health and wellness
- We believe that having what others have will make us happier

What you can do instead of comparing to others

- Remind yourself where you started
- Come up with a new goal that is specific for you
- Surround yourself with others that are supportive of your goals and journey
- Focus on what YOU can control

Issues with comparing yourself to others

- May lead to negative self image
- Demotivates your progress on your goals
- Focusing on others makes you forget about how far you've come

What is something that you will do to not compare yourself to others?

Example: I often compare how my body looks to others at the gym. Instead of doing this, I can remind myself that everyone's body is different and that I am working for myself, and not them.

Write Your Example Below:

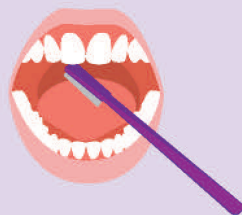
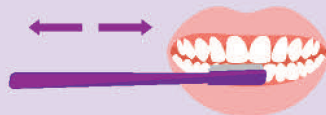
GUIDE TO BRUSHING AND FLOSSING



BRUSHING



- 1 After placing fluoride toothpaste on the toothbrush brush top teeth by pressing gently and using short strokes vibrating back and forth, or a light scrubbing motion. Paying attention to both the outside and the inside of your teeth moving the toothbrush in your mouth. Be sure to brush each tooth.
- 2 Continue brushing the bottom teeth, brushing outside, inside, and the chewing parts of your teeth. Be sure to brush each tooth. To freshen breath and remove bacteria, brush the tongue too, since it can harbor many bacteria.
- 3 To freshen breath and remove bacteria brush your tongue back to front.
- 4 For persons with limited dexterity, there are alternate methods of brushing. Using the "roll" method, turn their wrist slightly. With the bristles of the brush remaining flexed, follow the surfaces of the teeth.

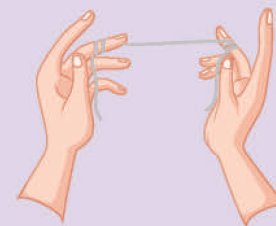


Another method is the "circular" method. With teeth closed, place the brush inside the cheek with tips lightly touching the teeth. Use a fast, wide, circular motion with little pressure.

FLOSSING



- 1 Take a piece of floss and wrap it around the middle finger of each hand.
- 2 With the floss gripped firmly between the thumb and index finger of each hand, move the floss gently between the teeth until it reaches the gum.
- 3 Curve the floss into a C-shape around the tooth. Slide it up and down the side of the tooth. Remove the floss carefully, and repeat this for each tooth. While flossing, pay close attention to your gums. Keep your movements gentle when the floss is near your gums.
- 4 You can also use other types of flossing tools to help with coordination.



2

MINUTES

X

2

TIMES PER DAY

Flexin' Friday Strength Exercises

Let's learn these exercises! Wear your exercise shoes and stop if you feel any intense pain. Everyone will have a different starting point, it's all about improvement and personal gains.

1 Push-Up from Knees

1. Start in a Plank from Knees position from the Level 2 Strength Cards. Put your hands a little wider than your shoulders.
2. Bend your elbows and lower your body toward the ground. Try to lower your chest all the way to the ground.
3. Push your body back up to the starting position. Keep your body a straight line from your knees to your shoulders for the whole exercise.



2 Chair Squats

You will need a chair for this exercise. You may want to put the chair next to the wall for safety.

1. Stand in front of the chair with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are seated in the chair. Do not use your hands.
3. Now stand up. Try your best to only use your legs (not your arms).



3 Curl-Ups (Crunches)

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until you reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



Benefits of Strength Training

Strength is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.

Flexin' Friday Endurance Exercises

Let's learn these exercises! Wear your exercise shoes and stop if you feel any intense pain. Everyone will have a different starting point, it's all about improvement and personal gains.

1 Jumping Jacks

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.



2 Quick Punches

1. Put both your hands in fist by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
2. Turn toward your left side. Punch your right arm in that direction.
3. Return to the center with both hands in fists by your chest and elbows down by your side.
4. Now, turn toward your right side. Punch your left arm in that direction.



3 Jog in Place

1. Jog in place.
2. Make sure you are also swinging your arms the whole time.



Benefits of Endurance Training

Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Flexin' Friday Flexibility Exercises

Let's learn these exercises! Wear your exercise shoes and stop if you feel any intense pain. Everyone will have a different starting point, it's all about improvement and personal gains.

1 Child's Pose

1. Kneel on the ground.
2. Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
3. Sit your bottom down over your heels. You should feel a stretch in your shoulders and lower back.



2 Calf Stretch

1. Stand facing a wall. Put your hands against the wall at shoulder height.
2. Put one foot in front of the other.
3. Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
4. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
5. Switch your feet and repeat the stretch.



3 Butterfly Stretch

1. Sit on the ground with the bottoms of your feet touching each other. Let your knees fall toward the floor.
2. Your feet should be close to your body
3. Sit tall and lean forward over your feet.
4. You should feel a stretch in your groin.



Benefits of Flexibility Training

Flexibility is the ability of your body to move easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

Flexin' Friday Balance Exercises

Let's learn these exercises! Wear your exercise shoes and stop if you feel any intense pain. Everyone will have a different starting point, it's all about improvement and personal gains.

1 Toes Raises

1. Stand tall with your feet as wide as your hips. Shift your weight back onto your heels.
2. Lift your toes off the ground. Pause in this position for 3 seconds.
3. Lower toes back to the ground. Complete 10 repetitions.



2 Single Leg Stance

1. Stand with your feet together and your arms out straight to the side.
2. Lift your left foot in the air out behind you while keeping your leg as straight as possible. Hold the position for 30 seconds.
3. Repeat this exercise on the other side by raising your right foot.



3 Narrow Base Torso Twists - Standing or Seated

1. Stand tall with your feet together, or sit with your feet flat on the ground. Hold your arms out straight to the side.
2. Turn your upper body and head slowly toward your left side.
3. Switch sides and turn your upper body and head slowly toward the right.
4. Complete 10 repetitions on each side.



Benefits of Balance Training

Balance is the ability of your body to stay upright or stay in control of your movements. Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

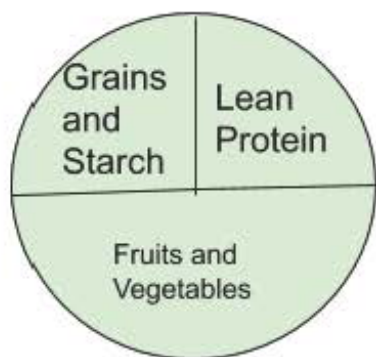
The Saturday Special Activity

Athlete Performance Plates

(By: Logan Anderson, All Strong Fitness LLC)

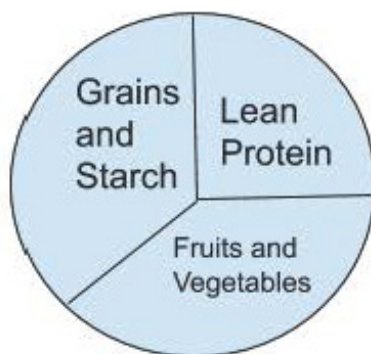
Light Training Day

- A day with no workout or sports
- Light walking, or small activity
- Also could be a "rest day"



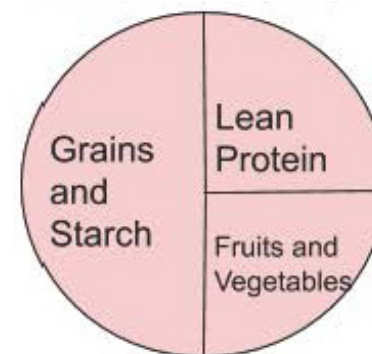
Moderate Training Day

- A day with a workout OR sports
- Single event or game
- Length of workout or game is less than one hour



Heavy Training Day

- A day with a workout AND sports
- Could include multiple games and events
- Length of activity is greater than an hour



Category Examples

Grains/Starches

- Whole Wheat Bread
- Whole Wheat Pasta
- Potatoes
- Oatmeal
- Rice
- Corn
- Peas

Fruits/Vegetables

- Bananas
- Apples
- Grapes
- Oranges
- Strawberries
- Carrots
- Peppers
- Broccoli
- Asparagus
- Corn
- Peas

Lean Protein

- Lean ground beef
- Lean ground turkey
- Egg whites/eggs
- Fish
- Chicken Breast

The Saturday Special Activity

Silly Slime Creation (By: Hannah La Vie)

Instructions:

- 1) Gather your supplies listed in the equipment/reference material section above.
- 2) Measure $\frac{1}{2}$ cup of cornstarch into your measuring cup, and pour it into the mixing bowl.
- 3) Tear open your package of your sugar free gelatin and pour the whole packet into the same mixing bowl.
- 4) Mix the gelatin and cornstarch together until they are evenly dispensed.
- 5) Pour a little water into the bowl gradually. If you are using colored gelatin it should start to change color.
- 6) Mix the water in and continue to add a little bit of water at a time.
Note: You will have to scrap the sides while doing this to ensure all of the gelatin, cornstarch, and water mix together.
- 7) At this point, you can add more water to make it more goopy and add a bit more cornstarch to make it more firm, make it whatever consistency that you would like it to be.
- 8) Optional: If your gelatin had no coloring or you would like to experiment with mixing other colors, you may add food coloring to your slime as well. Note: 1-5 drops of food coloring is the recommended amount, but you may add as much or as little as you need to get the color you desire.
- 9) Enjoy and have fun with your new slime creation!

Supplies

- Food coloring that is a color of your choice
 - $\frac{1}{2}$ cup of corn starch
- One package of sugar free gelatin
 - Water
 - A bowl
- Measuring cups
- A spoon

Self Care Sunday

Winter is Hard!

(By: Kaylee Blake, Mental Health Counselor)

Winter months are often trying for most people – especially here in the Midwest. It gets below freezing temperatures, it snows, and it stays cloudy most days, which can make it even harder to get up for work each day. We thrive on sunshine and Vitamin D to help boost our energy and get things done! It helps to increase our serotonin in our brain, which helps stabilize our mood and keep us from feeling down.

So, how do we make it through these dreary winter months and stay motivated and productive?

-Pay attention to ourselves, our needs, and what our brain and body are telling us.

-Continue following a routine in the winter, even if we don't get to always incorporate our favorite activities and sports into that routine.

-Find NEW hobbies and activities we can do that we've either done before or have always wanted to try!

A new hobby idea I have is _____

-Get creative on ways to stay active – ever had a dance party in the kitchen? Or tried yoga in the living room?

Try making a list of fun, active things you can do in and around the house that you'd like to try: _____

-Another thing to keep in mind is coping skills you can use on the not-so-good days. Check in with yourself – how are you feeling? Did something trigger this emotion? If not, that's okay. Sometimes we feel certain ways and don't have a reason why. That's what our coping skills are for.

We can always take deep breaths or talk it out or ask for a hug. What makes you feel better? _____

-You should also keep in mind what you're fueling your body with. We want to do everything in our control to help ourselves, and that includes eating good foods, drinking lots of water, and getting enough sleep! Days can feel weird during the winter because it gets dark so early, but don't let that throw you off, have set mealtimes so you know you're eating enough/properly.

My breakfast time is _____, my lunch time is _____, my dinner time is _____.

-Try to spoil yourself once in a while – you deserve it.

Self Care Sunday

Exercising and letting your mind recover is just as important as doing so with your body!

What is Self-Care and Why Do We Need It?

(By: Kaylee Blake, Mental Health Counselor)

- Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.
- Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.
- Self-care must be, and is, something that refuels us, rather than takes from us.
- Self-care is key to living a balanced life.

What does Self-Care mean to you? _____

Positive Psychology Prompts

(By: Kaylee Blake, Mental Health Counselor)

- Describe something that made you happy today.
- How has another person shown that they care about you, within the past week?
- Describe something you were thankful for today.
- Describe a moment when you felt calm, content, or relaxed today.
- Describe a personal strength you used today.
- Describe a time when you were happy for someone else in the past week.
- How have you shown someone that you care about them, within the past week?
- Share the story of something interesting that happened today.
- Describe something you did today that you can be proud of.

Self Care Sunday

Journaling (By: Elena JohaneK)

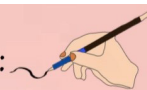
- Journaling has been shown to have amazing effects on your mental health and improving the mood you are in.
- During these times when we aren't always able to tell our friends how we are feeling face-to-face, or if we feel down because we can't do the things that we normally do, journaling is a helpful activity you can do to express those feelings!
- Journaling does not always just have to be words! You can fill your journal with fun drawings that describe your thoughts and feelings.
- Journaling will help lower stress levels, describe the emotions you are experiencing, and allow you to write down what is on your mind!
- You have the freedom to write whatever is on your mind. The best part of journaling is that you can make it your own!

Supplies

- something to write on (notebook, sketchbook, piece of paper, etc.)
- a writing utensil



Journaling Ideas:



- What emotions are you feeling right now?
- What was the best part of your day?
- What was your least favorite part of the day?
- Make a list of things that make you the happiest!
- What do you love about yourself?
- Write down three things in your life you are grateful for!
- What are some goals that you want to achieve?
- Draw something that makes you smile!

Self Care Sunday

Exercising and letting your mind recover is just as important as doing so with your body!

Anger Management Skills

- Take 15 deep breaths
- Squeeze a ball
- Listen to music
- Write about your anger
 - Count to 75
 - Walk Away
 - Play outside
 - Practice a hobby
- Talk to someone about your problem

- Draw your anger
- Do 25 jumping jacks

Write 3 other ways you manage anger

Gratitude Box

Create your own gratitude box! The concept of the gratitude box is simple: every night, write down something you are grateful for on a piece of paper and then keep put it in the box. Then, at the end of the month, or whenever you need a boost, you can open the box and see how many great things you have going in your life!

Supplies:

- a box/container/jar
- paper of some sort
- a writing utensil