

2021 Special Olympics Iowa Team Fit: Spring Training Playbook



This book belongs to: _____

My goal for the next 8 weeks is:

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Welcome to Team Fit: Spring Training

What's next?

- 1) SOIA will put you in contact with your teammates or partner. Confirm times, dates, and methods of communication and start getting to know each other.
- 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. Check the "connected virtually with teammates/partner" box as well after you meet each week.
- 4) After completing a whole week, email a picture of that week's training log to registrations@soiowa.org or ask your partner or a teammate to help.
- 5) Read each Monday's update email for important links, prize opportunities, and information specific to the week.

Join us for the
**Team Fit: Spring Training
Partner Party**

**Sunday, March 21, 2021
7:00-7:30 PM**

**Team Fit: Spring Training
Kick-Off Zoom**

**Monday, March 22, 2021
7:00-7:30 PM**

The link to register can be found at
<https://www.soiowa.org/team-fit-spring-training/>.

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

**Prepare for
upcoming sports
seasons!**

**Make your
health a
priority!**

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

**Make NEW
friends!**

Setting SMART Goals

(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: Spring Training

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 Special Olympics IA on YouTube.
- 2 - Click on the Team Fit: Spring Training playlist.
- 3 - Click on the video you want to watch.

How to Submit Your Weekly Activity

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
	March 22	March 23	March 24	March 25	March 26	March 27	March 28
SOIA Activity	Try cooking... Oatmeal Crusted Chicken Tenders or another recipe with air-fried/ baked chicken. (page 13)	Complete a home scavenger hunt with Univeristy of Iowa Unified! (Page 17)	Join William Penn University students for their "Jumpin 'N' Jammin" workout! (page 18)	How fit are your feet? (page 25)	Pre-Test Day! In 1 MINUTE I did... ____ Side-to-Side ____ Hops ____ Chair Squats I held my Tandem Stance for __ seconds on my stronger side. (Page 31, 32, 34)	Create your own vision board! (Page 35)	Let's talk about meditation! One thing I learned was _____ _____ _____. (Pages 37)
Supplemental video		Video found on YouTube.	Video found on YouTube.		Video found on YouTube.	Join us LIVE on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

***Did you connect virtually with your teammates/
partners 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
	March 29	March 30	March 31	April 1	April 2	April 3	April 4
SOIA Activity	Try baking... Morning Glory Muffins or another recipe with fruits and vegetables in it. (page 13)	Call, Facetime, or message a teammate today and tell them about what you did for a workout!	Join William Penn University students for their "Athletic Aerobic Activities" workout! (page 19)	A random act of kindness I will perform today is _____ _____ _____. (page 25)	-3 sets of 30 march and swing arms (each side) -3 sets of 10 chair squats -3 sets of 20 steps walking on a line -3 sets of 30 seconds hurdler's stretch (each side) (pages 32, 33, 34)	Happy DIY Day! Make a bookmark using paper, scissors, markers, and whatever else you want to decorate with.	Work your way through a yoga flow. (Page 38, 39)
Supplemental video	Video found on YouTube.		Video found on YouTube.	Video found on YouTube.	Video found on YouTube.	Join us on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

***Did you connect virtually with your teammates/
partners 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
	April 5	April 6	April 7	April 8	April 9	April 10	April 11
SOIA Activity	Happy Sweet Potato Day! Try cooking... Beef and Sweet Potato Skillet or another recipe with sweet potatoes. (page 14)	University of Iowa Unified wants you to practice your basketball skills outside for 20 minutes!	Join William Penn University students for their "Elevate Yourself" workout! (page 20)	Use 5 different household items to complete a workout! (page 26)	- 3 sets of 15 side-to-side hops (to both sides) -3 sets of 10 shrugs -3 sets of 10 heel raises -3 sets of 30 seconds knee to chest (each leg) (pages 31, 32, 34)	Learn what your food label is telling you! (Page 35)	What is a coping skill you use when feeling worried? _____ _____ _____ (Pages 41)
Supplemental video		Video found on YouTube.	Video found on YouTube.	Video found on YouTube.	Video found on YouTube.	Join us LIVE on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates/partners 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
	April 12	April 13	April 14	April 15	April 16	April 17	April 18
SOIA Activity	Happy National Grilled Cheese Day! Try Cooking... Grilled Ham and Cheese Sandwiches or another sandwich on multi-grain bread. (page 14)	Challenge a teammate to a jumping jack contest!	Join William Penn University students for their "Living in the Wild" workout! (page 21)	What are 3 things you will add to your bedtime routine? _____ _____ _____ (page 27)	- 3 sets of 15 mountain climbers (each side) - 3 sets of 20 second plank from knees - 3 sets of 20 seconds tandem stance (each side), -3 sets of 30 second chest stretch (each side) (pages 31, 32, 33, 34)	Happy International Haiku Poetry Day! Write a haiku to celebrate. (Page 36)	What positive affirmation will you tell yourself every day this week? _____ _____ _____ (Page 42)
Supplemental video			Video found on YouTube.	Video found on YouTube.	Video found on YouTube.	Join us on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates/partners 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
	April 19	April 20	April 21	April 22	April 23	April 24	April 25
SOIA Activity	Try cooking... Greek Tuna Salad or another recipe with tuna. (page 15)	Grab some dice and work out along with Drake Fraternity and Sorority Life! (page 17)	Join William Penn University students for their "Extreme Simon Says" workout! (page 22)	Happy Earth Day! Go for a walk outside and pick up any pieces of trash you see. (page 28)	-3 sets of 30 march and swing arms (each side) -3 set of 15 shrugs -3 sets of 10 heel raises -3 sets of 30 seconds knee to chest (each leg) (pages 31, 32, 33, 34)	Cue up the music and sing along to some of your favorite Disney songs!	Go through the guided mediation/ progressive muscle relaxation routine! Pages (43, 44)
Supplemental video		Video found on YouTube.	Video found on YouTube.		Video found on YouTube.	Join us LIVE on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

Did you connect virtually with your teammates/ partners 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
	April 26	April 27	April 28	April 29	April 30	May 1	May 2
SOIA Activity	Try making... Spinach Gnocchi Minestrone or another healthy soup. (page15)	Draw a picture of you and your teammates playing your favorite sport!	Join William Penn University students for their "Body Fit" workout! (page 23)	Happy Thank You Thursday! Send a thank you note to someone who is kind to you.	- 3 sets of 15 side-to-side hops (to both sides) - 3 sets of 20 second plank from knees - 3 sets of 20 steps walking on a line - 3 sets of 30 seconds hurdler's stretch (each leg) (pages 31, 32, 33, 34)	Get outside and observe how nature is changing with the seasons! One thing I noticed is _____ _____.	Work your way through a yoga stretch. (Page 39, 40)
Supplemental video			Video found on YouTube.		Video found on YouTube.	Join us on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

***Did you connect virtually with your teammates/
partners 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
	May 3	May 4	May 5	May 6	May 7	May 8	May 9
SOIA Activity	Try making... Blueberry- Grape Smoothie Pack, or another fruit and vegetable smoothie. (page 16)	Make springtime slime with St. Ambrose University's ADAPT college club! (page 17)	Join William Penn University students for their "Jammin With MJ" workout! (page 24)	Happy National Beverage Day! Let's talk about making healthy drink choices. (page 29)	-3 sets of 15 mountain climbers (each leg) -3 sets of 15 chair squats -3 sets of 30 second tandem stance (each side) -3 sets of 30 second chest stretch (each side) (pages 31, 32, 33, 34)	Animal therapy day! Pet a furry friend or look up videos of one.	Describe how you are feeling today using the emotion thermometers. (page 45)
Supplemental video		Video found on YouTube.	Video found on YouTube.	Video found on YouTube	Video found on YouTube.	Join us LIVE on Zoom at 12:00 p.m.!	Video found on YouTube.
Check box when complete.							

***Did you connect virtually with your teammates/
partners 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
	May 10	May 11	May 12	May 13	May 14	May 15	
SOIA Activity	Try making... One Skillet Cauliflower Burritos or another plant-based recipe. (page 16)	Take a picture of yourself on a walk and send to a teammate. Encourage them to go for a walk and send a picture back!	Dance party workout! William Penn University students want you to dance it out for 20 minutes.	What is one way we can encourage those around us to be healthy and fit? _____ _____ _____ (page 30)	Post-Test Day! In 1 MINUTE I did... ____ Side-to-Side Hops and ____ Chair Squats and I held my Tandem Stance for ____ seconds on my stronger side.	Congratulate yourself and each other on a job well done!	Thank you for all of your hard work! Expect to receive any earned prizes in the next couple weeks.
Supplemental video			Video found on YouTube.	Video found on YouTube.	Video found on YouTube.	Join on LIVE on Zoom at 12:00 p.m.!	
Check box when complete.							

***Did you connect virtually with your teammates/
partners 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

Oatmeal-Crusted Chicken Tenders (From Hy-Vee Dietitians)

Directions:

Step 1 - Preheat a convection oven or air-fryer to 375 degrees. Pulse oats in a food processor or blender until ground; transfer to a shallow bowl. Place dressing in another shallow bowl.

Step 2 - Dip chicken breast tenders, one at a time, into dressing, then into oats. Bake or air-fry 15 minutes.

Ingredients

- 1 c. Hy-Vee old-fashioned oats
- ½ c. honey mustard dressing
- 1 (1-lbs.) Hy-Vee True boneless chicken breast tenders

Things to Grab

- Optional: air fryer
- Optional: meat thermometer
- food processor
- 2 shallow bowls

2

Morning Glory Muffins (Marissa Schletzbaum, SOIA Athlete)

Directions:

Step 1 - Line eighteen 2 1/2 inch muffin cups with paper bake cups; set aside.

Step 2 - In a large bowl combine flour, baking soda, cinnamon, and salt; stir in brown sugar. Stir in apples, carrots, and raisins. In a medium bowl combine undrained pineapple, oil, eggs, and vanilla. Add pineapple mixture to flour mixture; stir until moistened.

Step 3 - Spoon batter into prepared muffin cups. Bake in a 375 degree oven about 18 minutes or until a wooden toothpick inserted in centers comes out clean.

Step 4 - Cool in muffin cups on wire rack for 5 minutes. Remove from muffin cups; serve warm.

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1 1/4 cups packed brown sugar
- 2 medium apples, peeled, cored, and chopped (1 1/3 cups)
- 1 1/4 cups finely shredded carrots
- 1/2 cup raisins
- 1 cup can crushed pineapple (juice packed), undrained
- 2/3 cup cooking oil
- 3 eggs
- 1/2 teaspoon vanilla

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 Beef and Sweet Potato Skillet (From Hy-Vee Dietitians)

Directions:

Step 1 - Heat olive oil in a large skillet over medium-high heat. Add ground beef and cook until no longer pink, (165 degrees) about 5 to 7 minutes. Remove beef from skillet; set aside and keep warm.

Step 2 - Reduce heat to medium and add sweet potatoes and onion to same skillet. Cook until onion softens, about 3 to 5 minutes. Stir in garlic powder, cumin, salt, cinnamon, and canned tomatoes. Cover; cook 7 to 10 minutes or until potatoes are tender, stirring occasionally.

Step 3 - Once potatoes are tender, stir in cooked ground beef and spinach. Cook 2 to 3 minutes or until heated through and spinach begins to wilt. Remove from heat and stir in lime juice and chopped cilantro, if desired. Top with sliced avocado just before serving.

Ingredients

- 2 tbsp. Gustare Vita olive oil
- 1 (1-lbs.) pkg. lean ground beef
- 2 large sweet potatoes, peeled and chopped, about 3 c.
- ½ c. red onion, chopped
- 1 tsp. Hy-Vee garlic powder
- 1 tsp. Hy-Vee ground cumin
- 1 tsp. Hy-Vee salt
- ½ tsp. Hy-Vee ground cinnamon
- 1 (15-oz.) can Hy-Vee diced tomatoes, undrained
- 1 c. fresh spinach, packed
- 1 lime, juiced
- fresh cilantro, for garnish, if desired
- 1 avocado, peeled, pitted, and sliced

Things to Grab

-large skillet/pan with lid

2 Grilled Ham-and-Cheese Sandwiches (From Hy-Vee Dietitians)

Directions:

Step 1 - Divide cheese, ham, and pickles, between 2 slices of bread. Spread one side of remaining bread slices with mustard; place slices, mustard sides down, on top of pickles to make sandwiches.

Step 2 - Melt butter in a large skillet over medium-low heat. Arrange sandwiches in skillet. Cook sandwiches, covered, for 5 minutes or until bottoms are golden. Using a wide spatula, turn sandwiches over and cook, covered, for 5 minutes or until toasted and cheese is melted.

Ingredients

- 4 oz. Hy-Vee Deli slice Swiss cheese
- 4 oz. Hy-Vee Deli Black Forest smoked ham, thinly sliced
- 3 pickle slices
- 4 slice(s) Hy-Vee Bakery 10-grain bread
- 1 tbsp. Hy-Vee stone ground honey-Dijon mustard
- 2 tbsp. Hy-Vee unsalted butter

Things to Grab

-large skillet/pan with lid

-spatula

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

Greek Tuna Salad (From Hy-Vee Dietitians)

Directions:

Step 1 - Divide lettuce mix among 4 salad plates. Top each with cucumber, feta cheese, black olives and tuna. Serve with dressing, if desired.

Ingredients

- 1 (9 oz) pkg classic romaine lettuce mix
- ½ medium cucumber, sliced
- 4 oz. crumbled feta cheese
- 1 (2.25 oz) can Hy-Vee sliced ripe black olives
- 1 (5 oz) can Hy-Vee chunk light tuna, drained
- salad dressing, optional

2

Spinach-Gnocchi Minestrone (From Hy-Vee Dietitians)

Directions:

Step 1 - Sauté onion and garlic sprayed with non-stick cooking spray in a large stockpot over medium-high heat until tender.

Step 2 - Add broth, beans, tomatoes and carrots and simmer about 20 minutes or until vegetables are tender.

Step 3 - Stir in gnocchi, spinach and zucchini. Increase heat to high and bring to a boil; continue cooking 2 minutes. Top each serving with Parmesan, if desired.

Ingredients

- 1 large onion, chopped
- 1 garlic clove, minced
- 6 c. Hy-Vee reduced-sodium broth
- 1 (15 ounce) can Hy-Vee kidney beans, rinsed and drained
- 1 (14.5 ounce) can Hy-Vee Italian-style diced tomatoes
- 2 medium carrots, peeled and thinly sliced
- 3 c. prepared potato gnocchi
- 3 oz. fresh baby spinach
- 1 medium zucchini, quartered and thinly sliced
- Hy-Vee shredded Parmesan cheese, optional

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 Blueberry-Grape Smoothie Pack (From Hy-Vee Dietitians)

Directions:

Step 1 - Place blueberries, grapes, and chia seeds in a pint-size resealable plastic bag. Keep frozen until ready to blend. Frozen fruit will keep in the freezer for up to 1 month.

Step 2 - When ready to serve, empty bag into blender. Add yogurt and pomegranate-cherry juice; cover and blend until smooth.

Ingredients

- ½ c. blueberries
- ½ c. Hy-Vee Short Cuts seedless red grapes
- 1 tbsp. Hy-Vee HealthMarket chia seeds
- 1 (5.3-oz.) container Hy-Vee plain Greek yogurt
- ½ c. pomegranate-cherry juice

Things to Grab

- pint-size resealable plastic bag
- blender

2 One Skillet Cauliflower Burritos (From Hy-Vee Dietitians)

Directions:

Step 1 - Heat a large skillet over medium heat. Add olive oil and saute cauliflower, zucchini, summer squash, and mushrooms until crisp-tender. Add taco seasoning, stirring to coat.

Step 2 - Stir in black beans and kidney beans. Cook until just heated through.

Step 3 - Divide bean and veggie mixture between 6 flour tortillas, roll tightly into a burrito securing with a wooden toothpick, if necessary. Top each tortilla with 1 tablespoon shredded Cheddar cheese. Microwave for 30 seconds on HIGH to melt cheese. Finish burritos by topping with 1 tablespoon pico de gallo and chopped avocados.

Ingredients

- 2 tbsp. Hy-Vee Select olive oil
- 1 head(s) medium cauliflower, cored and chopped
- 1 medium zucchini, chopped
- 1 medium summer squash, chopped
- 8 oz. sliced mushrooms
- ½ tsp. kosher salt
- 1 ½ tbsp. Hy-Vee taco seasoning
- 1 (15-oz.) can Hy-Vee no salt added black beans, drained and rinsed
- 1 (15-oz.) can Hy-Vee no salt added kidney beans
- 6 burrito size whole grain tortillas
- 6 tbsp. Hy-Vee finely shredded sharp Cheddar cheese
- 6 tbsp. Hy-Vee pico de gallo
- 1 avocado, peeled, seeded, and chopped

Things to Grab

- large skillet/pan with lid

Teammate Tuesday Activities

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

1

Home Scavenger Hunt

University of Iowa Unified

Find and gather the following items around your house as quickly as you can:

- An item that is your favorite color
- Favorite water bottle or coffee mug
 - Refrigerator magnet
 - A pair of crazy socks
- Something that helps you stay fit
 - Favorite cooking utensil
 - Favorite book or movie
- Something that represents your favorite sports team
- Favorite piece of Special Olympics swag

3

Let's Make Slime!

St. Ambrose University's ADAPT College Club

Recipe 1:

$\frac{2}{3}$ c. Elmers glue
 $\frac{1}{2}$ tsp Baking soda
 $\frac{1}{4}$ c. water
2-3 c. of shaving cream

Recipe 2:

$\frac{3}{4}$ c. glue
 $\frac{1}{2}$ tsp baking soda
1 $\frac{1}{2}$ tbsp of contact solution

To make different colored slime, add a couple drops of food coloring! Feel free to add any other ingredients, like glitter glue, or use any other recipes that you find!

2

Dice Roll Workout

Drake Fraternity and Sorority Life

For this activity, you will need dice and something to time yourself with (if you do not have dice you can put the numbers 1-6 on a piece of paper and pull them out of a bowl). Optional: do this activity in-person with someone within your home or with a teammate over a video call!

Roll the dice once to decide which exercise you will do.

- 1-Jumping jacks
- 2-Plank
- 3-High Knees
- 4-Arm Circles
- 5-Run in Place
- 6-Dance party!

Once you know which exercise you will do, roll the dice again to see how long you will do the exercise!

- 1-10 seconds
- 2-20 seconds
- 3-30 seconds
- 4-40 seconds
- 5-50 seconds
- 6-60 seconds

Take turns rolling the dice 10 times and doing the exercises with your partner or on your own.

Workout Wednesday Workouts

Jumpin 'N' Jammin (William Penn University)

Warm Up:

- **Knee pulls:** Pull your knee to your chest while standing. You can hold onto the wall for support if needed. Do this 5 times on each leg for 3 seconds each time.
- **Flamingos:** Similar to the knee pull, except you will pull your foot behind you and hold for 3 seconds, 5 times each leg.
- **Seal:** Put your feet out wide and your hands wide out to the side as well. Bring your hands in front of your body and feet together at the same time and clap!
- **Jumping jacks:** Similar to the seal claps, except, bring your hands above your head instead of in front of your body. We will do 10 of these as well.
- **Air squats:** Put your feet shoulder width apart and put your hands out in front of your body. Then, do a squatting motion or sit down on a chair and stand back up. We will do this 10 times total.

Take a water break for 30 seconds!

Workout:

Complete each exercise for 30 seconds, taking 30 seconds in between to catch your breath. Go through each exercise 2-3 times! Don't forget to end with cool down stretches.

- **Feet switches:** Start with your feet shoulder width apart. Touch one foot out in front of your body, then switch that foot with your other one. Do this as fast as you can.
- **Squat jumps:** Similar to the squat motion from earlier, except when you go to stand up, jump in the air instead.
- **High knees:** Similar to jogging in place, except you will bring your knees up as high as you can while you jog.
- **Jump rope:** If you have a jump rope you can use it, if not, then just do the basic jump rope motion in place with an invisible jump rope.
- **Vertical jumps:** Put your feet shoulder width apart and jump up as high as you can, land softly with bent knees.
- **Pogo jumps:** Similar to the vertical jumps, except when you hit the ground, jump back up as quickly as you can.
- **Front and back:** Jump forwards and backwards with your feet together and your knees slightly bent, like you're jumping over an invisible line.
- **Ski jumps:** Similar to the front and back, except go side to side. If that's too easy, jump on one foot.

Workout Wednesday Workouts

Athletic Aerobic Activities (William Penn University)

For this workout, you will need:

- Water to drink
- Access to your favorite music
- Steps, or place where you can move your feet up and down
- A line on the ground to jump over. Can be made with putting a piece of tape or a string on the floor.

Stretches:

- **Quad stretch:** Hold onto the wall or another sturdy object for balance with one hand. With the other hand, pull your leg up from the back and move your foot slightly closer to your butt until you feel a stretch in the front of your leg. Hold the stretch for 30 seconds. Repeat with other leg.
- **Toe touches:** stand upright with your feet wider than shoulder length apart. Allow your hands to hang loosely by your side. Bend forward and inch your hands down your legs toward your feet as far as you can comfortably reach. Pause for 1-3 seconds before coming back up. Repeat this action for 30 seconds.

Work Out:

The difficulty of this workout can be increased by increasing the speed of the repetitions and decreasing the break time between sets. Complete exercise sequence 3 times through.

- **Ski jumps** (8 jumps): Position yourself on one side of the line with your feet together and knees bent. Jump over the line and land gently with bent knees on the other side. Repeat by jumping back to the original side. This is one.
- **Skate jumps** (8 jumps) This will be the same motion of ski jumps. The difference will be, instead of jumping on both feet and landing on both feet, you will be jumping off one foot and landing on the opposite. Stand on your left leg on the left side of the line. Jump to the right side of the line and land on your right leg. Then jump back to the left and land on your left leg. This is one.
- **Jump squats** (10 squats): Lower yourself to a squat position. When you reach your lowest position, jump up and land in an athletic stance with bent knees. Challenge: jump higher each repetition, reach for the stars!
- **Step ups** (30 seconds): This is where you will use a step or some other slightly elevated surface in your home/gym. If you do not have access, a step forward will be good. Place your right foot up on the step and drive your left knee up so that your left thigh is parallel to the ground and you're holding your leg in front of you. Step your left leg back down to the floor and then return your right leg to the floor as well. Repeat on the other side. Go as fast as you can once you have the hang of it!
- **High knees** (20-30 seconds): walk or jog it out in place, bringing your knees as high as you can get them each time!

Once you have completed the 3 sets, your workout is done! Give yourself a pat on the back, cool down, and make sure to hydrate with water.

Workout Wednesday Workouts

Elevate Yourself (William Penn University)

Let's do some High Intensity Interval Training (HIIT!) Perform each exercise for 40 seconds, take 20 seconds rest before moving to the next one. At the end of the four exercises, take a two minute break before repeating. Complete full circuit four times!

Ski Jumps - Slightly bend knees and jump side to side like you are skiing down a mountain.

- * For an easier challenge, slightly bend knees and step one foot at a time sideways for 20 seconds.
- * For a harder challenge, slightly bend knees and jump as high as you can from side to side like you are skiing for 20 seconds.

Burpees - Standing up, reach your hands as high as you can over your head like you are trying to grab the stars, then bend over and touch your toes, squat down like a sitting rabbit, and then extend your legs quickly back up into a standing position and extend your arms as far as you can above your head like you are a rocket going into space. Repeat 5 times

- * Modification: Sitting in a chair, reach your hands as high as you can over your head like you are trying to grab the stars, then bend over and touch your toes, then sit back up and extend your arms as far as you can above your head like you are a rocket going into space. Repeat 5 times

Jumping Jacks - Stand with your feet together and hands to your side like you are a tree, as you jump make an X with your body by bringing your arms and legs out, finish by jumping again from the X position and bring your legs and arms back to your body to look like a tree again.

- * For an easier challenge, jump as high as you can while keeping your arms at your side and feet together, kind of like a pogo stick.

Forward Jumps - Stand with your knees slightly bent like a kangaroo. Bend arms slightly and move them back. Next swing your arms forward and jump as far as you can forward like a squirrel jumping from tree to tree. Once you jump once turn around and try to jump back to the same spot you originally jumped from.

Workout Wednesday Workouts

Living in The Wild (William Penn University)

Stretch each body part for 20 seconds:

- Shoulders
- Arms
- Lower legs
- Upper legs
- Wrists

Complete each workout for 30 seconds. Repeat the whole sequence 2-3 times through before cooling down!

- Frog Jumps** - Sit back with your feet in a wide stance and with the toes turned out at an angle. Jump forward and up, land on your toes, and squat. Jump back and return to the starting position. Frog Jump Variation (Frog Hops) - Sit back into a squat and touch your feet. Hop up in the air as high as you can! Repeat.
- Duck Walks** - Stand with your feet about shoulder-width apart. Push your hips back, bend your knees, and try to squat until your upper thighs are parallel to the floor, extending your arms out in front of you for balance. Keep your chest up, your weight on your heels, and your eyes straight ahead. Duck Walk Variation (Horse Walk) Spread your feet much wider than your shoulders and sit into a squat as low as you can. Take wide steps moving forward while in the squat position.
- Crab Walks** - Start by sitting on the floor with your feet out in front of you, hip-width apart. Plant your palms behind you and push up onto your hands and feet so your hips are raised. Then walk back and forth. Crab walk variation (Sitting crab walk) assume normal crab walk position, but leave your butt on the floor. Push off of your hands and feet and lift your butt off the floor little at a time while you move around.
- Bear Crawls** - Athletes should stand straight and then touch the floor with your palms. Move your feet and hands forward to walk on all fours. Bear Crawl Variation (Caterpillar walk) Stand straight with feet together. Walk your hands out into a push-up position. Now, walk your feet back up to your hands and stand up straight. Repeat!
- Seal Crawls** - Lay flat on your stomach and get into a push-up position with only arms, leaving your feet limp. Drag the lower half of your body across the floor, using your arms to push off the floor and move forward.
- Inch Worms** - Lay on the floor with your back touching the floor. Crunch your feet up to a 90-degree angle. The goal is to move sideways with your arms tucked into your chest. First, move your shoulder blades to the right and then move your hips to the right. You will slowly inch around the floor!

Workout Wednesday Workouts

Extreme Simon Says (William Penn Univeristy)

Exercises:

- **Toe touches:** bend over, touch your toes (or as far as you can reach).
- **Bunny hops:** Hop in place as high as you can go (or bring one leg up as far as you can and alternate).
- **Jumping jacks:** Start with your arms by your side, then jump into the air, as you jump move your legs shoulder-width apart. Stretch your arms out and over your head (if you can't jump, just move your arms and one leg at a time).
- **Shuffles:** Legs apart, knees slightly bent, and move left or right.
- **High knees:** Get those knees as close to your chest as possible.
- **Lunges:** One leg in front and the other behind then bend your knees.
- **Seal claps:** start with your legs apart and arms out to the side, then bring both to the middle then back out to starting position.
- **Jog in place**
- **Arm circles:** Start with your arms out to the side, then make big circles with them, Hands should be over your head and reach mid-thigh. Direction doesn't matter!
- **Squats:** Legs apart, hands behind your head, bend your knees and that is how you squat.

We are going to split these exercises into two rounds. Repeat twice!

Reminder: Only do the exercise if Simon says to!

Example: Simon says do 5 arm circles. You would do the exercise.

Example: Do 10 bunny hops. You wouldn't do the exercise.

First Round

- Simon says do 5 toe touches
- Simon Says do 5 bunny hops
- Simon says do 3 lunges each leg
- Do 12 arm circles
- Simon says do 8 seal claps
- Do 6 toe touches
- Simon says do 8 arm circles
- Simon says take a break and get some water!
- Simon says do 10 seal claps
- Do 6 lunges each leg
- Simon says do 10 arm circles
- Simon says do 5 lunges each leg
- Do 10 bunny hops
- Simon says do 10 bunny hops
- Simon says do 7 toe touches

Second Round

- Simon says to do 10 jumping jacks as fast as you can
- Simon says to do 5 squats
- Simon says to jog in place for 30 seconds
- Do 10 squats
- Simon says to take 2 deep breaths
- Simon says to shuffle 10 times to each side
- Simon says to do 10 high knees on each side
- Do 10 more high knees on each side
- Simon says to do 8 squats
- Simon says to jog in place for 1 whole minute
- Simon says you're done with this round! Get a quick drink

Workout Wednesday Workouts

Body Fit (William Penn University)

Warm-up stretching: Count for 10 seconds for each stretch.

Arm behind head, bend elbow

Arm circles with palms towards the ceiling

Arm stretch across the chest

Quad stretch, pull foot towards butt (hold onto something if support is needed)

Knee hug towards chest (hold onto something if support is needed)

Exercise:

Play song Jump Around by House of Pain

Start with body twists (stand in athletic stance, twist torso to one side and then the other, keeping core tight) for 30 seconds

Add air punches to the body twists for 30 more seconds

Repeat for the duration of the song

Dance Break:

Play song Cupid Shuffle by Cupid and dance along with the actions they say

Ab Work:

Russian twists for 2 sets of 10 (can sit in chair if needed)

Sit on the ground with your legs bent in front of you. Twist your body to the right until your right elbow touches the floor, repeat to the left side. This is 1.

Toe touches for 2 sets of 10 (crunches for an alternative)

Lay on the ground and put both legs straight into the air. Reach up and try to touch your toes before lowering back down.

Sit-ups for 2 sets of 10 (try to find someone that can hold feet down or use crunches as an alternative.)

Lay back on the ground with legs bent in front of you. Fold arms over chest. Sit up until your chest touches your knees before lowering slowly back down to the floor.

Don't forget to cool down and drink water!

Workout Wednesday Workouts

Jammin' with MJ (William Penn University)

Materials needed:

Basket (laundry basket, trash can, box, sink)
Object to throw (ball, socks, laundry, paper)
Markers (plastic cups, cones, clothes, shoes)
Water for drink break

Warm up: go through this sequence 2 times

Jumping jacks (5), Touch your toes (5 seconds), Squats/chair squats (5), Bunny hops (5), Jog in place (5 seconds)

Basketball Game

Step 1- Gather supplies.

Step 2- Set up your basket with some space around it. Stand in front of your basket, take 5 small steps away from it, and place your first marking object down. Take 5 more steps and place your second marking object and proceed to do these two more times so you will have a total of 20 steps from your basket and 4 marks to shoot from.

Step 3- Overhand throw: lift ball above your shoulder and try to throw it in the basket. Underhand throw: bring ball low by your hip, push forward and release it.

Step 4- Game time! Start off at your first marker. Shoot the ball until you make it in the basket. Once you make it, move to a different marker. Jog to retrieve balls after shooting them. Complete 2 rounds of 90 seconds, taking a 60 second break in between rounds.

Dancing like MJ

The Spin - Look forward, twist your body and momentum one way and spin all the way around. Challenge: try a double spin.

Thriller Dance - Face forward to begin. Turn and take 3 steps to the left, lifting arms up bent in front of you. Repeat to right! Keep switching back and forth.

The Toe Touch - Start by using a wall or something to help you balance. Bend your knees and push your feet up to your tippy toes before returning your heels to the ground.

The Moonwalk- Take little steps backwards, keeping your toes on the floor while only lifting your heel with each step.

Play some Michael Jackson (or any) music, try these moves out, and enjoy a dance party cool-down!

Thought-Provoking Thursday

How Fit Are Your Feet?

Fit Feet Clinical Director Dr. Kirk Neustrom, DPM

Read the following questions about your feet. If you answer "yes" to any of them, make sure to check out Dr. Kirk's advice.

- Do your feet ever hurt?
 - * Making sure you are wearing good, properly fitting exercise shoes is a good place to start!
- Do your toes rub on your shoes, causing them to be red when you take your shoes off?
 - * Make sure your shoes are the right size!
- Are your toenails thick, discolored, or ingrown?
 - * If this is a recurring problem, see a podiatrist for recommendations of care!
- Do you have any corns or calluses on your feet or toes?
 - * These are formed from friction and pressure and can be painful if they get too thick. A change of shoes or visit to the podiatrist may be necessary.
- Do you get a lot of ingrown or painful toenails?
 - * Make sure nails are always cut carefully and straight across. Do not ever rip nails off or pick at them with your fingers.
- Are your feet dry, scaly and itchy?
 - * If these traits do not clear up on their own and they are bothersome, you may need to see a podiatrist for treatment recommendations!

Get thinking about your health!

Showing Gratitude and Random Acts of Kindness

Drake Fraternity and Sorority Life

Studies have shown that being kind to others can help make you happier and healthier! Random acts of kindness are something that you can add into your life every week. When we are kind to others, our brains produce oxytocin, which can help boost self-esteem and increase optimism. Additionally, it can help decrease pain, stress, anxiety and even blood pressure!

Examples of acts of kindness:

- * Send a message to someone telling them how important they are to you
 - * Give a genuine compliment to a family/friend/coworker
 - * Leave a thank you note for your mail/delivery person
 - * Compliment someone (on their outfit, how well they parked, etc.)
 - * Send a handwritten letter
 - * Bake someone a cake
- Challenge: Perform 3 acts of kindness before the next Thought-Provoking Thursday!

www.randomactsofkindness.org/the-science-of-kindness

Thought-Provoking Thursday

Home Gym With Household Items (Logan Anderson, All Strong Fitness, LLC)

Although having a fully fitted gym with weights, bands, and machines is ideal, we sometimes don't have the time or means to get there. Luckily, there are numerous things at home we can use to help us get a great workout instead! These are listed below:

Body

- Numerous exercises done with just the body.
- Squats, pushups, lunges, and even situps can be done.

Wall

- A sturdy wall can give you a few different options for great exercises.
- Try wall sits by putting your back against the wall, and sitting as low as you can and hold the position.
- If you can't do pushups on the ground, try them on the wall!

Stairs

- Stairs offer a great cardio workout that is low impact.
- Try walking up and down the stairs a few times and see how winded you get!
- Make an exercise circuit, and try to pair walking up and down the stairs with squats and other exercises!

Backpack

- Backpacks can be used for doing rows, overhead presses, and even just going for a walk.
- Try adding cans or heavy books into your backpack for an extra challenge!

Gallon Jugs

- Drink milk or water out of a gallon jug? You're in luck!
- When finished with the jug, hold onto it. You can either fill it with water, or even sand for extra weight.
- A variety of exercises can be done with jugs, including side raises, bicep curls, and many others!

Pillows

- Looking for a fun way to challenge your balance? Grab an old pillow or rolled up towel!
- Stand on the pillow and see if you can hold a stance with both feet together or even on one foot!
- Close your eyes for an extra challenge.

Paper Plates

- Not just for a cookout meal! Paper plates can be used as sliders to add a different way to do lunges.
- Stand on one paper plate, and slowly push it away from your body as far as you can, and then bring it back in.
- Try different directions for even more of a workout!

Couch

- The couch is usually meant for relaxing, but not today!
- A couch can be used for tricep dips, elevated pushups, and even step ups.
- Make sure the cushions are sturdy and not too squishy otherwise you might fall!

Be Creative, Be Inventive, and Have Fun!

See what other items in your house you can use to workout with!

Thought-Provoking Thursday

Setting Up a Nightly Routine (Amy Helseth, Special Olympics Iowa Health and Fitness Intern)

Falling asleep is not always easy. Setting up a routine that you can follow every night will help you wind down, relax and help quiet your mind before going to bed.

- Set aside 30 minutes to an hour before you are ready to go to bed to perform a few activities that can help you wind down.
- Choose the activities that work best for you! It can take a couple weeks for a routine to become a habit, so make sure to stick to your routine the best you can.
- Here are a few tips for your nightly routine that will help you fall asleep
 - * Set an alarm to help you know when it is time to start your routine
 - * Set aside electronics at least 30 minutes before bed, the light from your phone is harsh and can confuse your brain in thinking it is daytime!
 - * Here are some ideas of what you can do while you are off your phone:
 - o Color, draw, or paint a picture
 - o Journal about your day
 - o Have a cup of hot tea or hot cocoa
 - o Take a warm bath
 - o Read or listen to an audiobook
 - * Wash your face and brush your teeth: taking the time to preform hygiene every night and thinking about why it is important can help you appreciate it more, and lead to being healthier.

- What 3 things will you add to your bedtime routine?

1. _____
2. _____
3. _____

Thought-Provoking Thursday

Earth Day Clean-Up (Melissa Shepherd, Outdoor Expert)

Earth Day was first celebrated in 1970 as a worldwide effort to educate people and motivate them to take our Earth's health into consideration! Let's work on our health and our Earth's health at the same time by going for a walk and picking up any trash we see along the way! Litter cleanup costs the US \$11.5 billion dollars a year. Imagine how much money we could save by contributing!

Tips for Trash Pick Up

- Head to the park, a nearby trail, an empty parking lot, or even stay in your own neighborhood. Ask for permission if you're unsure whether you can be somewhere!
- Stay away from roadways and bodies of water! Your safety is important!
- Wear gloves to protect your hands! Be careful when picking up sharp objects such as glass or metal or just leave it be. Again, your safety is most important! Absolutely never pick up needles or used medical supplies.
- Wear bright colors so you can be seen and tell a friend where you'll be. Or take a friend, but don't forget your mask and social distancing!
- Use a grabber if you want to do less bending over
- Try having a separate bag for recyclable items!
- Remember that picking up all that trash is pointless if you don't dispose of it correctly! Make sure your recyclables end up in the recycle bin and your trash bag ends up in the dumpster.

Questions for After the Walk

- Did you find a lot of litter? What types did you see most often? (Bottles and cans, wrappers, cigarette butts, straws, plastic bags)
- What do you think can be done to reduce litter? (More trash cans, better public education, rules)
- What would your neighborhood look like if EVERYONE littered? How would you feel living there?
- In what other ways can you take care of where you live?

Thought-Provoking Thursday

Hydration and Beverage Choice (Lisa Spencer, SOIA Athlete and Health Messenger)

Water and Our Bodies

- Drinking water...
 - * Helps maintain the balance of fluids in our bodies
 - * Regulates your body temperature
 - * Protects your spinal cord, tissues, and joints

Water is Best

- Water vs pop:
 - * Soda does not replace water your body needs when dehydrated. In fact, soda makes dehydration worse.
 - * The average 12 ounce can of soda contains 45 milligrams of caffeine.
- Water vs juice:
 - * Fruit juices have benefits, but are also full of sugars (natural and sometimes added) that our bodies don't need. Water should be used to replenish fluids that you lose when working out and other types of physical activities.
 - * If you are a big fan of juice, you do not have to stop drinking it, but keep it to one serving every day or two.
- Water vs sports drinks:
 - * Water is the preferred fuel for hydration if you are having a rest day or doing a light workout.
 - * If you have a very active day, engage in sports, or exercise for more than 60 minutes where you are continually sweating a lot, your body might appreciate the electrolytes from a sports drink to replenish the liquid lost through sweat.
 - * If you choose to refuel with 8 ounces of sports drink, be mindful of sugar, carbohydrate, sodium, and vitamin content of the one you choose.

How Much Water Should You Drink?

- Health experts recommend eight 8-ounce glasses of water, which equals about 2 liters, or half a gallon each day. This is called the 8x8 rule and is very easy to remember. There are also equations to figure out how many ounces of water to drink based on your body weight.

Tips to Drinking More Water

- Cut out soda -> try replacing it with sparkling water with 0 sugar and 0 calories.
- Find a fun water bottle you enjoy that makes you want to take it everywhere you go and drink more.

Thought-Provoking Thursday

Encouraging Your Loved Ones to Be Healthy and Fit (Logan Anderson, All Strong Fitness, LLC)

Living with others who don't fully appreciate being healthy is difficult for a multitude of reasons. Whether you don't want them to suffer the health consequences of being unhealthy, or maybe their actions make it harder for you to be healthy, this is a struggle that many individuals deal with. Let's outline a few things to consider when shifting your loved ones towards a health promoting lifestyle.

Be Understanding With Them

- Your loved one may be uncomfortable with the idea of changing their habits.
- Be understanding that building healthy habits is not easy for them. If it was, they would have already been living a healthier life.

Be Respectful To Them

- Don't shame them for not following their health and wellness plan as closely as you might be doing with yours.
- When they do follow their plan, offer praise, kind words, or even small rewards. (Workout clothes, headphones, new water bottle.)

Be Patient With Them

- Your loved one is working through a process that takes time to fully change.
- Changing their health and wellness habits will take a lot of trial and error to fully work though.
- Remind them that you may have had difficulties when you first started being healthy as well.

Find Activities That the Individual:

- Enjoys
- Is good at
- Gives them purpose and seems meaningful for them

Example: If an individual hates running, but enjoys playing soccer, don't tell them running is the only way to get healthy. Ask them if they want to play soccer together, and maybe try to get a small group of friends together to play a game.

REMEMBER:

The only thing that YOU can do is be caring, understanding, and welcoming when it comes to helping others become healthier. If an individual is not ready to change their habits, don't try to force anything upon them. When they are ready to change, they will look towards you for help. This is then your time to do the things listed above.

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 Chair Squats

You will need a chair for this exercise. You may want to put the chair next to the wall for safety. You may also use a couch or stairs that are the height of a chair.

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. Slowly lower yourself until you are gently seated in the chair. Do not use your hands.
3. Now stand up slowly. Try your best to only use your legs (not your arms).

Modification: If this is too easy, complete squats without the chair.



2 Plank from Knees

1. Start on your hands and knees.
2. Walk your hands forward, keeping them directly beneath your shoulders. Lower your hips until your body is a straight line from your shoulders to your knees. Put your feet in the air.
3. Hold this position. Focus on keeping your abdominal muscles tight and your back straight.



Note: This exercise is a hold so it is not done in repetitions. To make this exercise more difficult, try holding the exercise longer. Continue to increase the length of the hold until you can hold for 1 minute.

3 Shrugs

1. Stand tall with your arms down by your side. Hold small weights* in your hands.
2. Bring (or shrug) your shoulders up towards your ears.
3. Hold for one second. Slowly let your shoulders return to the starting position.



*Start with 2-5lb weights, and increase if that feels easy. If you do not have weights, you can use full water bottles or other household items instead.

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

March and Swing Arms

1. March in place. Lift your knees up as high as you can and then step back down.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs. Go at a steady pace.

Ex: Lift right knee while swinging left arm forward. Lift left knee while swinging right arm forward.

Modification: Increase pace to high knee jog to get heart rate up higher.



2

Mountain Climbers

1. Start in a plank position with your hands under your shoulders and your body straight from your shoulders to your feet.
2. Keep your hands down on the ground. Jump or step your left leg forward so that your bent left knee nears your left elbow.
3. While keeping your hands on the ground, return your left leg to the starting position and step your right leg forward so it nears your right elbow.
4. Continue stepping/jumping and switching legs as fast as you can. The faster you switch legs, the more difficult it will be.

Modification: If you are unable to hold the plank position, try Upside Down Mountain Climbers by doing these knee-to-elbow movements while lying on your back instead.



3

Side-to-Side Hops

1. Bend the knees slightly and hop as high as you can to the right side. Swing your arms up as you hop for momentum.
2. Pause briefly before repeating, hopping to the left side. Repeat.

Modification: Step one foot at a time to the side instead of jumping to decrease impact on knees.



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

Chest Stretch

1. Stand tall near a wall.
2. Raise your left arm so that your elbow is shoulder height.
3. Bend your elbows and place your forearm on the wall
4. Turn your body to the right, away from the wall. You should feel a stretch in your chest muscles.
5. Repeat the stretch with your right forearm on the wall and twisting to your left side.



2

Hurdler's Stretch

1. Sit on the floor with your left leg straight out in front of you.
2. Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
3. Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. Stretch as far out as you can without your left leg bending. You should feel a stretch in the back of your left leg and the inside of your right hip.
4. Repeat this stretch with your right leg straight and your left leg bent.



3

Knee to Chest

1. Lie on your back with your legs straight.
2. Bring your right knee toward your chest.
3. Wrap your hands underneath your knee. Pull your leg closer to your body until you feel a stretch in the back of your right thigh. Kind of like you're giving your leg a hug!
4. Repeat the stretch on your left leg.



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

Heel Raises

1. Stand tall with your feet as wide as your hips. Shift your weight onto the balls (front) of your feet.
2. Raise your heels off the ground to stand on your tiptoes. Pause in this position for 3 seconds.
3. Lower your heels back down to the ground. Repeat.

Modification: For help with balance, hold on to a chair, wall, or friend for support.



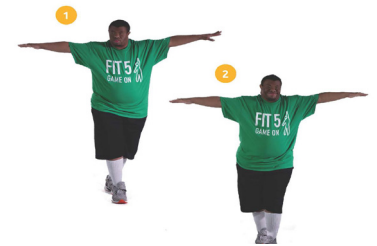
2

Tandem Stance

1. Stand with your feet together.
2. Place your left foot directly in front of your right foot in a straight line. Your right toes should be touching your left heel. Hold the position for 30 seconds.
3. Repeat this exercise with your right foot in front of your left foot.

Note: you may want to hold your arms straight out to the sides for balance.

Modification: If this is too difficult, you may hold on to a chair, wall, or friend for support. If this is too easy, you may try closing your eyes while you hold the position.



3

Walking On a Line

1. Find, make, or visualize a straight line on the ground.
2. Put one foot directly in front of the other. Walk on the line for 20 steps. Put your arms out for balance, if needed.
3. Change directions if the line is not long enough to reach 20 steps.

Modification: Close your eyes to do this to make it more difficult. Have someone hold on to your hand or arm while you step to make this exercise easier.



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

Saturday Special Vision Board

Drake Fraternity and Sorority Life

A vision board is a visual creation that is a representation of your future goals and dreams. The board can include quotes, words, or pictures that inspire you. Use your creativity, and make something that you are proud of, that you can hang up in your room, so you are reminded of your goals every day!

Supplies: a blank piece of paper (or cardstock), glue, scissors, markers, any images or words for your vision board: old magazines, newspapers, printed out pictures, photos of yourself, etc.

Join us LIVE on Zoom each Saturday from 12:00 to 12:30 p.m.

Nutrition Label Basics

3 Parts to a Nutrition Label

- Calories/serving size, nutrients in the item, ingredients in the item

Calories/Serving Size

- Calories
 - * Very important when watching weight
 - * Calorie amount is per serving and not always for the entire bag/bar/item
- Serving size
 - * How much of item is considered a "portion"
 - * Likely will seem small compared to what is normally eaten
- Servings per item
 - * How many "portions" of item is in entire package
 - * Multiply this number by calories for calories in package

Nutrients

- Fat or "total fat"
 - * Lots of calories for small amount of food
 - * Good - unsaturated fat
 - * Bad - saturated or trans fat
- Carbohydrate or "total carbohydrate"
 - * Energy/fuel source
 - * Dietary fiber
 - Heart health, feeling full, helps with constipation
 - * Sugars
 - Limit added sugars
- Protein
 - * Higher amount = better
 - * People usually lack this
 - * Helps with fullness

Ingredients

- In order of most in the product, to least in the
- Typically the less ingredients, the better
- Hard to pronounce words = more processed

Peanut Butter

Nutrition Facts	
About 14 servings per container	
Serving size 2 tbsp (32g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Includes 3g Added Sugars	6%
Protein 7g	7%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 94mg	2%
Vitamin E 1.5mg	10%
Niacin 3.2mg	20%
Copper 0mg	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: ROASTED PEANUTS, SUGAR, HYDROGENATED VEGETABLE OILS (COTTONSEED, SOYBEAN AND RAPESEED), TO PREVENT SEPARATION, SALT.	

Calories/Serving Size

Nutrients

Ingredients

The Saturday Special Activity

Writing Haikus

(Kara Neustrom, SOIA Health and Fitness Coordinator)

International Haiku Poetry Day is celebrated each year on April 17.

Let's join the party by writing some haiku poems of our own!

A haiku is a form of Japanese poetry written in three lines containing a set amount of syllables. A syllable is the amount of beats a word has. (For example: hat has 1 syllable, pa-per has 2, an-te-lope has 3.)

Write a haiku below using the assigned amount of syllables for each line!

Line 1: 5 syllables _____

Line 2: 7 syllables _____

Line 3: 5 syllables _____

Here is Mine:

Team Fit is the best
Hard work is better with friends
All from my own home

Self Care Sunday

Meditation

(Logan Anderson, All Strong Fitness, LLC)

What is meditation?

Meditation can be defined as a variety of things, but simply is a way to clear our minds, and relax mentally and physically.

What are some potential benefits?

Meditation can help decrease anxiety and stress levels, clear your mind, and focus on what really matters in your life. It can also help decrease tension in the body and help you sleep better!

Pre-Meditation Checklist

Before you meditate, consider doing the following to get the most out of your meditation:

- Find a quiet place free of distractions.
- Make sure the area is dimly lit. (If you can't find a dimly lit area use sunglasses or a sleep mask to cover your eyes.)
- Find a chair that is comfortable to sit in. (You may also lay down on a couch or bed.)
- Have soft and relaxing music in the background to listen to. (Type in meditation background music into YouTube.)
- Light a candle, or turn on an essential oil diffuser for a pleasant smell.

The Meditation Itself

Meditation comes in numerous different forms and varieties. Today we are going to focus on a simple breath, hold, and breath technique.

- With your eyes closed start to relax your body, letting your arms, legs, and head to rest easy.
- Take a deep breath in, hold your breath for a couple seconds, and breathe out slowly.
- Every time you breath out, try to relax your body even further.
- If a thought comes in your head, let it pass, and focus on the blank space of your mind.
- Repeat this breathing process for as long as you would like.

Self Care Sunday

YOGA Flow (Margo Suckow, Yogi)



Self Care Sunday

Week 2 and 6 Yoga Moves Explained

Upward Salute

Reach arms overhead, palms facing center
keep shoulders pulled down

Forward Fold

Fold at your hips
Tiny bend in your knees

Half Lift

Press into your shins
Tiny bend in your knees
Flatten your back
Stretch your neck long

Plank

Hands under your shoulders
On toes or knees
Squeeze belly to spine
Strong across back shoulder blades

Yogi Pushup

Lower halfway to the floor
Elbows close to your sides

Upward Facing Dog

Press into the tops of your feet
Straighten arms
Lengthen neck
Pull shoulders back

Crescent Moon

Lower back knee
Reach up and back with your arms
Press hips forward

Downward Facing Dog

Lift hips up to the sky
Push into the mat with your hands
Make your back long and straight
Knees can be bent slightly or straight

3-legged Dog

Lift one leg behind you
Press evenly into your hands
Keep the front of your hips facing the floor
Press back with your heel
Low Lunge
Foot between your hands
Knee over your ankle
Back leg straight
Back straight and long

Warrior 2

Front knee over ankle
Back heel down, foot at an angle
Arms extended, parallel to the floor
Shoulders are over the hips in the center

Thread the Needle

From your hands and knees reach one arm
under the other
Palm faces up
Rest your shoulder or side of your head on
the floor or block

Reverse Warrior

Front knee over ankle
Back heel down, foot at an angle
Front arm reaches up and back
Palm facing the back wall
Back hand can be on the back leg or behind the
back.
Half Splits
One knee is down, keep hip above the knee,
don't sit back
Other leg extends straight with the toes
pulling up toward the knee
Keep a straight back and fold at the hip

Seated Figure Four

Opposite ankle on knee
Pull toes towards your bent knee
Pull bottom leg up until you feel a stretch
Keep back straight
Lean forward

Seated Forward Fold

Sit up tall with your legs in front of you
Use a towel or strap to reach around the bot-
toms of your feet
Keep your back straight and tall
Bend forward from your hips using the towel to
help stretch

Banana

Lay flat on your back
Slide your shoulders and arms over to one side
Slide your feet over to the same side
You may hold your wrist or cross your ankles

Self Care Sunday

YOGA Stretch (Margo Suckow, Yogi)



Thread the Needle



Half Split



Seated Forward Fold



Seated Figure 4



Banana

Self Care Sunday

Feeling Worried?

(Kaylee Blake, Mental Health Counselor)

What does the word “worry” mean anyway? Maybe you’ve heard other words, such as anxiety and nervousness that can often be used to describe the same feeling. Any of those words can be used to describe feelings of intense, excessive, and persistent worry or fear about every day situations.

It’s okay to feel worried. Or anxious. Or nervous. They are all very common emotions most people experience on a DAILY basis! BUT, they do not have to take over your day or your life. YOU get to be in control of the emotions you feel by recognizing, acknowledging, and coping.

It is important to recognize your emotions because they can present themselves in different ways. Maybe you have stomachache one day but can’t think of anything bad you ate. Maybe you have a headache one day but have had plenty of sleep and fuel for your body. These could be physical signs of worry or anxiety, and it is your body trying to tell you to take a step back, acknowledge what could be going on, and take care of yourself!

Try to think about a time when you have felt worried or anxious about something. What happened? How were you able to cope?

Thinking of coping skills on the spot can be difficult, so here’s a list to keep around to help you:

- Take deep breaths in through your nose and out through your mouth, stop and listen to all the sounds around you, draw your worry, think about a favorite place, write a happy ending to how your current situation could end, journal about your worries, get moving and active, listen to your favorite music, or talk about your feelings with a trusted person!

Self Care Sunday

Positive Affirmations (Drake Fraternity and Sorority Life)

Positive affirmations are positive phrases that are used to help think positively about yourself. If you find yourself having negative thoughts, practicing positive affirmations can help change your attitude and feel happier.

To practice positive affirmations, you can write them in a journal or say them to yourself in a mirror. By practicing these daily, you can begin to change your mindset, gain confidence, and help you believe that nothing is impossible!

Positive affirmations can be anything you want them to be. They can be affirmations that you know are true about yourself or something that you are working on and want to continue to feel inspired by. It can also be an idea that you hope to see come true.

Some ideas for positive affirmations are:

- I am courageous and I stand up for myself
- I possess the qualities needed to be extremely successful
- I am blessed with an incredible family and wonderful friends
- My body is healthy, and I am full of energy today.

Write down 1-3 affirmations that you will tell yourself every day this week.

Self Care Sunday

Progressive Muscle Relaxation (Hannah La Vie, University of Iowa Student)

Supplies Needed:

- Optional: 1 Yoga mat or blanket to sit/ lay on top of during the activity.
- A bottle of water to use as needed throughout the routine.

* Progressive muscle relaxation is all about using breathing techniques and muscle clenching together to help relax our bodies. Progressive muscle relaxation helps us with stress management, mental health management, pain management, and get our bodies moving. It is also a great way to wind down after a more intense exercise routine or sport.

Have someone read this script to you while you perform the exercise, or read it yourself! Record yourself or someone else reading the script to use this relaxation routine whenever you wish.

"Lay down and close your eyes. Feel free to play some soft, soothing jazz music to get in the relaxing mood. I will be giving instructions on what muscles we will be clenching. When clenching each muscle please inhale and then as we release your muscles when you exhale. If at any point you are feeling light headed it is important to stop and take a second to regather yourself and relax till you feel safe and well enough to continue the routine.

It is time to start the Motivational Muscle Moving routine. You are going to start by laying down on your backs onto the yoga mats. Now close your eyes and take a few seconds to get comfortable. Lay your body still and try not to focus on anything, but the presence of your body on the mat. If you find your mind drifting, do not get discouraged or frustrated. Simply, acknowledge it, and allow your mind to come back to focusing on the present moment. Please keep your eyes closed until asked to open them again. Let's begin.

We are going to start by focusing on our toes. Allow your body to wiggle the toes on your feet. Breathe in for three seconds and as you are breathing in clench your toes and then breath out and unclench your toes. Do this about three times. Now, bring your attention to your legs. Allow yourself time to feel the presence of your legs. Breathe in for three seconds and as you are breathing in, clench your thighs and then breath out and unclench your toes. Do this about three times.

It is time to move on. Let's focus on the hips and butt area. I know this can be a little bit awkward and silly, but it is important to try to focus, because breaking routine and being silly will not allow for the full experience of this relaxation technique. Breathe in for three seconds and as you are breathing in press your butt muscles together and then breathe out and unclench. Do this about three times.

Continue on to the next page...

Self Care Sunday

Progressive Muscle Relaxtion Continued...

Now it is time to focus on the stomach. Allow yourself to focus on how your stomach is doing. Is it making any sounds, or is it silent. If helpful, place your hands gently on your stomach. Breathe in for three seconds and as you are breathing in suck your stomach in tightly and then breathe out and unclench. Do this about three times.

Time to move on to the upper body part of this routine.

Let's start with the back. How does the back feel against the mat or floor? Feel the softness of the mat on the back. Breathe in for three seconds and as you are breathing in, arch your back up towards the sky and then breathe out and unclench. Do this about three times.

Now it is time to move on to the neck. Breathe in for three seconds and as you are breathing in, touch your chin to your chest and then breathe out and unclench. Do this about three times.

Let's focus on the mouth now. Breath in for three seconds and as you are breathing in, press your lips together tightly and unclench. Do this about three times. Next, breathe in for three seconds and as you are breathing in, smile as widely as you can and unclench. Do this about three times.

Now, let's focus on our foreheads. Breathe in for three seconds and as you are breathing in, wrinkle the forehead as if you were frowning and then unclench. Do this about three times.

Time to move to the shoulders. Breathe in for three seconds and as you are breathing in, raise your shoulders towards your ears and unclench. Do this about three times.

Next, we will move on to our arms. Breathe in for three seconds and as you are breathing in, clench your fists and bend your arms at the elbows, flexing the biceps, and unclench them. Do this about three times.

Now, we have completed the routine. I am going to allow for two minutes of silence and just listening to the music or the silence to focus.

Sit up and open your eyes at your own pace. We have now completed this progressive muscle relaxation routine."

Self Care Sunday

Emotion Thermometers (Kaylee Blake, Mental Health Counselor)

Emotion thermometers are great tools to utilize for any emotion! Everything that is on a spectrum or scale (0-10), like a thermometer, is set up to tell you different temperatures or levels. One day you might feel angry or worried, but it's not as angry or worried as you've ever felt – the emotion thermometer allows you to draw what level your emotion is at to let you know what you might need to help. Describe how you are feeling right now using the emotion thermometers. Consider which coping skills may work best based on where your mood/emotion is!

