

Special Olympics Washington is committed to your safety, health and well-being! In addition to personal protection equipment, we have curated a kit full of health and fitness tools to help you stay fit and healthy at home all year long.

### Here's what's in your kit and how to use it:



Pedometer - Attach this device to the waistband of your pants to track the number of steps you take every day. Create a daily goal and log your progress!



Strong Minds Activity Cards- Try these activities every day to develop active coping strategies, identify stress management techniques, and have conversations about emotional wellness. Activities can be done individually or with others.



Stress Ball- Using a stress ball can help you feel better when you are stressed. Squeeze the ball for 3 seconds, release the ball slowly, repeat 5-10 times for 1 minute. Try using this technique a few times each week.



School of Strength Fitness DVD - Work out with these videos five times a week to stay fit and reach your athletic goals. Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one.



School of Strength Fitness Tracker - Use your dry erase marker to fill out the Fitness Tracker to get the most out of your workouts. Seeing your progress on paper can motivate you, help you set realistic fitness goals, and even beat them.



Caregiver Toolkit – Find even more ways to have fun while eating healthy with this fun kit! You'll get nutrition tips and tricks that encourage athletes to make healthy choices on their own. You'll also get a fitness tracker to participate alongside your athlete(s), set your own goals & record your progress.



Resistance Band – Use this band to develop your stretching and exercise routine by looping the bands around your ankles, legs, or arms. Check out more exercises here: <https://rb.gy/z8n8kb>



Reusable Face Mask – Wearing a mask can help reduce the spread of COVID-19. Wear the mask over your nose and mouth and secure it under your chin. Put on and take off your mask by the ear loops. Cloth masks should be washed regularly with your laundry. Learn more here: <https://rb.gy/aw2rmb>



Portable Hand Sanitizer - If soap and water are not readily available, use this alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can to avoid spreading germs.