FIT 5

A guide for Special Olympics Washington coaches to encourage athletes to achieve fitness and their personal best with physical activity, nutrition, and hydration.
Thank you to our sponsors:

Special Olympics Health

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Coaches, you are expected to follow the schedule above. Please take time out of each week training to discuss physical activity, nutrition, and hydration as a team.
What is FIT 5?

Goals of FIT 5

Fit 5 is a plan for physical activity, nutrition and hydration.

EXERCISE
5 days a week

EAT
5 total fruits and vegetables per day

DRINK
5 water bottles per day
Athletes want to perform their best at every competition. You can do this by being fit.

Fit 5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

As your Coach, I will take time out of each week’s training to discuss physical activity, nutrition, and hydration as a team.

Goals of Fit 5

- EXERCISE 5 days a week.
- EAT 5 total fruits and vegetables per day.
- DRINK 5 water bottles per day.

You are expected to complete your weekly tracking daily and your yearly training weekly. We will discuss your tracking progress as we want to hear your victories and challenges!

In addition, we will discuss goal setting and work together to set a goal for the season.
Weekly Tracking

Athlete Name:

Exercise
Check box if you exercised today!
Write in the number of minutes

Minutes

Nutrition
How many total fruits and vegetables?

Water
How many bottles (16oz) of water did you drink?

Fill in the star if you reached your Fit 5 goal this week:

EXERCISE  NUTRITION  WATER
This is an example of your Weekly Exercise, Nutrition, and Hydration Tracking. It is within the pocket of your Fit 5 Guide. You are expected to complete this daily.

For each day of the week, fill in the exercise box. On the line write the number of minutes that you exercised for. As a reminder, you should exercise 5 days a week.

For each day of the week, fill in the nutrition circles for how many fruits and vegetables you ate. As a reminder, you should eat 5 total fruits and vegetables per day.

For each day of the week, fill in the water circles for how many bottles (16oz) of water you drank. As a reminder, you should drink 5 water bottles per day.

Fill in the star on your Weekly Exercise, Nutrition, and Hydration Tracking if you reached your Fit 5 goal this week!

We will discuss your tracking progress each week. We want to hear your victories and challenges!
### Yearly Tracking

**Athlete Name:**

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This is an example of your Yearly Exercise, Nutrition, and Hydration Tracking. It is within the pocket of your Fit 5 Guide. You are expected to complete this weekly...

As a reminder, you should exercise 5 days a week. You should eat 5 total fruits and vegetables per day. You should drink 5 water bottles per day.

Fill in the stars on the Yearly Exercise, Nutrition, and Hydration Tracking if you reached your Fit 5 goal this week!
Specific
Be detailed. Example: Don’t say "I will decrease my time." Say "I will decrease my time by 2 seconds by the end of the season."

Measurable
You need to be able to measure your progress. Is your time decreasing? Are your skills scores improving?

Attainable
You want to set realistic goals. Set goals that with effort you can achieve.

Relevant
Your goal needs to be something that is important to YOU. Don’t create your goal to please someone else. You will be more motivated to achieve something that is important to YOU.

Timely
By having a targeted end date it creates a sense of urgency and keeps you focused.

What should you do if you set a goal and you don’t achieve it? Re-evaluate the goal. Is it realistic? Adjust if necessary. Try again….Don’t give up!
Review the SMART goal setting page 8. Encourage and assist athletes to set a SMART Personal Best Goal for the season. Allowing them to be part of the process will lead to a sense of ownership and accountability.

Your results are specific to YOU. This is not a competition against your teammates. Your primary goal is to improve your performance from the beginning to the end of the season. By identifying your starting point and tracking your progress, you increase the likelihood of achieving your personal best.

Why are goals important? Goals keep us focused and allow us to measure our success.

When tracking your goals, be honest! No one is perfect, and tracking your goals accurately will help you reach them in the long run.

STOP means it is the end of this week’s discussion. Coaches, remind your team to: exercise 5 days a week, eat 5 total fruits and vegetables per day and drink 5 water bottles per day.
Your goal with FIT 5 is to do at least 5 days of exercise!

Types of Exercise:

- ENDURANCE
- STRENGTH
- FLEXIBILITY
- BALANCE
Let’s share our victories and challenges from Week 1!

Exercise is very important to your overall health. Exercise will improve your health and at the same time will make you feel good about yourself.

Exercise can help you manage your weight, boost your energy levels, improve your mood/self-esteem, strengthen bones, help you sleep better, and make your heart/lungs stronger.

There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

Your goal with FIT 5 is to do at least 5 days of exercise!

Types of Exercise:
- Endurance
- Strength
- Flexibility
- Balance
Try your favorite endurance exercise for 30 minutes, 5 days each week.

- Running
- Biking
- Brisk Walking
- Aerobics Classes
- Dancing
- Swimming
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.

Types of Endurance Exercises:
- Running
- Biking
- Dancing
- Brisk Walking
- Aerobics Classes
- Swimming

Endurance exercise can be done anywhere. Do each exercise for 20 seconds resting for 1 minute in between each exercise. Complete 3 times.

Endurance at Training and Home:
- Jumping Jacks
- Quick Punches
- March and Swing Your Arms

Coaches, you are expected to do the exercises above as a team. For more advanced exercises, see the Endurance Fitness Cards!
Try to complete a workout for the entire body, 2 - 3 days each week.
Strength is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.

**Types of Strength Exercises:**
- Body Weight
- Dumbbells
- Barbells
- Machines
- Medicine Balls
- Exercise Bands

Strength exercise can be done anywhere. Do 10 of each exercise and then move on to the next exercise. Rest for 1 minute. Complete 3 times.

**Strength at Training and Home:**
- Straight Leg Raises
- Push-Ups on the Wall
- Curl Ups

Coaches, you are expected to do the exercises above as a team. For more advanced exercises, see the Strength Fitness Cards!
Try to complete a stretch for all body parts, 2 - 3 days each week.

**Note:** Dynamic stretching should be done as part of your warm up. Static stretching should be done as part of a cool down.
Let’s share our victories and challenges from Week 2!

**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!

**Types of Flexibility Exercises:**
- Yoga
- Static Stretching (*warm up*)
- Dynamic Stretching (*cool down*)

**Flexibility exercise can be done anywhere.** Do each for 30 seconds. Make sure to do both sides if the stretch only focuses on one side of the body.

**Flexibility at Training and Home:**
- Calf Stretch
- Child’s Pose
- Knee to Chest

_Coaches, you are expected to do the exercises above as a team. For more advanced exercises, see the Flexibility Fitness Cards!_
Try to complete a full body balance workout, 2 - 3 days each week.

Yoga

Static Balance

Dynamic Balancing
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.

**Types of Balance Exercises:**

- Yoga
- Static Balance
- Dynamic Balance

Balance exercises can be done anywhere. Do the following exercises for a balance workout. Complete 3 sets.

**Balance at Training and Home:**

- Single Lance Stance (30 seconds)
- Leg Swings (10 swings)
- Walking On A Line (20 steps)

Coaches, you are expected to do the exercises above as a team. For more advanced exercises, see the Balance Fitness Cards!
Exercise is Fun!

It is easy to get in the right amount of exercise if you make it fun.
It is easy to get in the right amount of exercise if you make it fun. Here are some tips to help you stay motivated to reach your Fit 5 goal.

- Safety is always first.
- Start slow and build up gradually!
- Drink water before, during and after you exercise.
- Have a positive attitude.
- Have fun!

Exercise with a friend or group!

- Go on a walk, run, or bike ride with a friend or family member.
- Join a group exercise class.
- Do strength training with a teammate.

Take the lead at practice!

- Ask your coach if you can lead some flexibility or strength exercises.
- Teach a friend a new sport.

Try something new!

- Try a new group exercise class.
- Walk or run a different route than you normally do.
- Learn a new strength or flexibility exercise.

Track your improvements!

- Write a goal on a piece of paper. Post the goal on your wall
- Keep a log of your exercises so you can see your progress.
It's easy to do 5 days of exercise in one week.

<table>
<thead>
<tr>
<th>Day of the week</th>
<th>Activity</th>
<th>Time Spent</th>
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<tr>
<td>Monday</td>
<td>Special Olympics football practice: stretched and did strength exercises during warm ups-walked and ran during practice</td>
<td>90 Minutes</td>
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<tr>
<td>Tuesday</td>
<td>Walked with a friend after work and did balance exercises before bed</td>
<td>45 Minutes &amp; 10 Minutes</td>
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<tr>
<td>Wednesday</td>
<td>OFF</td>
<td></td>
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<tr>
<td>Thursday</td>
<td>Did a group exercise class and ended the class with strength exercises and stretching</td>
<td>60 Minutes</td>
</tr>
<tr>
<td>Friday</td>
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<tr>
<td>Saturday</td>
<td>Biked on a trail in the park</td>
<td>30 Minutes</td>
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<tr>
<td>Sunday</td>
<td>Walked with Mom and did balance exercises after our walk</td>
<td>35 Minutes</td>
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It's easy to do 5 days of exercise in one week. Follow this sample exercise plan and see how easy it is to reach your goal.

Here is an example exercise plan:

Day of the Week: Monday
- **Activity:** Special Olympics football practice
- **Time Spent:** 90 minutes

Day of the Week: Tuesday
- **Activity:** Walked with a friend after work and did balance exercises before bed
- **Time Spent:** 45 minutes and 10 minutes

Day of the Week: Wednesday
- Off

Day of the Week: Thursday
- **Activity:** Did group exercise class ended class with strength exercises and stretching
- **Time Spent:** 60 minutes

Day of the Week: Friday
- Off

Day of the Week: Saturday
- **Activity:** Biked on a trail in the park
- **Time Spent:** 30 minutes

Day of the Week: Sunday
- **Activity:** Walked with Mom and did balance exercises after our walk
- **Time Spent:** 35 minutes
Healthy Foods
Let’s share our victories and challenges from Week 3!

**Eating right is important to your health and your sports performance.** Eating right can be easy because there are many delicious healthy choices. **Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!**

**Healthy Weight:**
- Your healthcare provider or registered dietitian can give you information on what your recommended weight should be.
- Changes should be slow and gradual so be patient.

**What does being overweight or obese mean?**
- Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height.
- Body Mass Index or BMI is calculated using height, weight, age and gender.
- Health problems associated with adult obesity include heart disease, diabetes and some cancers.
You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of all the food groups and some great choices in each group:

Grains:
- Brown or Wild, or Unpolished Rice
- Oatmeal
- Whole Grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

Meats and Beans:
- Lean Meats
- Eggs
- Fish (frozen, fresh or canned)
- Tofu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

Dairy:
- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, Unsweetened Yogurt
- Cottage Cheese

Water
Healthy Foods

Fruits:

• Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
• Frozen Fruits
• Canned Fruits (pick options with no added sugar)
• Dried Fruits: Raisins, Bananas, Apricots
• Seasonal Fruits

Vegetables:

• Seasonal Fruits
• Fresh: Asparagus, Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
• Lettuce and Dark Leafy Greens
• Frozen Vegetables
• Salads
• Canned Vegetables
Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.

Make half of your plate fruits or vegetables. Fill the other half with foods like whole grains, dairy, and protein.
Let's share our victories and challenges from Week 4!

**Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.**

- Make half of your plate fruits or vegetables.
- Fill the other half with foods like whole grains, dairy, and protein.
- Watch the amounts of food you put on your plate.
- Keep snacks healthy and small.
- Avoid empty calories. Many empty calories foods can be found in fat free, low-fat, and sugar free forms that will reduce the amount of empty calories you eat.

Examples include:
- Cookies
- Soda
- Ice Cream
- Potato Chips
- Candy Bars
- Bacon

Save empty calories for special occasions.

**TIP:** Take your time when you eat to avoid overeating.
Perfect Proportions

Here is a fun way to remember how much to eat when you have a serving.

1 serving of fruit

1 serving of rice or pasta

1 serving of vegetables

1 serving of bread

1 serving of beans

1 serving of meat

1 serving of cheese

1 serving of nut butter

1 serving of nuts
Perfect Proportions

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right.

A baseball equals
- 1 serving of fruit
- 1 serving of rice or pasta
- 1 serving of vegetables

A hockey puck equals
- 1 serving of bread
- 1 serving of beans
- 1 serving of meat

A golf ball equals
- 1 serving of cheese
- 1 serving of nuts
- 1 serving of nut butter

TIP: Use a smaller plate for perfect proportions.
Healthy Meals

Add more fruits and vegetables to your meals.
Let's share our victories and challenges from Week 5!

Add more fruits and vegetables to your meals. You can make any meal more nutritious with these simple suggestions.

**Breakfast:**
- Have a piece of fruit with your meal.
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.

**Lunch:**
- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.

**Dinner:**
- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.
Healthy Snack Ideas

Snacking is a great way to make sure you are full of energy.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Carrots or peppers dipped in hummus
- Low-fat cottage cheese with tomatoes
- Celery topped with peanut butter and raisins

Special Olympics Washington
FIT 5 Guide
Snacking is a great way to make sure you are full of energy.

It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter.
- Low-fat unsweetened yogurt with berries.
- Low-fat cottage cheese with tomatoes.
- Carrots or peppers dipped in hummus.
- Celery topped with peanut butter and raisins.
Reach Your FIT 5 Nutrition Goal

**START**

**Breakfast**
- Whole grain cereal
- Low-fat or skim milk
- 1 *Banana*
- Water

**Snack**
- 4 *Handful of grapes*
- Almonds

**Practice or Exercise**

**Lunch**
- 2 Beef
- *Vegetable*
- Soup
- Whole grain crackers
- 3 *Green peppers, carrots, and cherry tomatoes*
dipped in fat free dressing
- Water

**Dinner**
- Salmon
- Dinner Roll
- Sweet Potato
- 5 *Carrot, broccoli, cauliflower mix*
- Water
It's easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.

**Breakfast:**
- Whole grain cereal
- Low-fat or skim milk
- (1) *Banana*
- Water

**Lunch:**
- (2) Beef *Vegetable* Soup
- Whole grain crackers
- (3) *Green peppers, carrots, and cherry tomatoes* dipped in fat free dressing
- Water

**Snack:**
- (4) *Handful of grapes*
- Almonds

**Practice or Exercise**

**Dinner:**
- Salmon Dinner
- Roll
- Sweet Potato
- (5) *Carrot, broccoli, cauliflower mix*
- Water

**Snack:**
- Oatmeal cookies
- Low-fat or skim milk

With healthy meals and snacks, it’s easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.
Your goal with FIT 5 is to drink 5 bottles of water every day!

Your bottles should be 16-20oz or 500-600ml
Let’s share our victories and challenges from Week 6!

**Water is another important fuel for sports and for life.** Drinking the right amount of water is important for your health and can also help your athletic performance.

**Your goal with FIT 5 is to drink 5 bottles of water every day!**

*Your bottles should be 16-20oz or 500-600ml*

**TIP:** Drink out of a sports water bottle to track your FIT 5. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

Some foods contain water that can keep you hydrated. Examples include:

- Fruits like cantaloupe, grapes, oranges or watermelon
- Vegetables like carrots, cucumbers or celery
Signs of Dehydration:

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?
Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise, or even breathe. If you lose too much water without drinking more, your body won’t work as well. This is called dehydration.

**Signs of dehydration:**
- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?

**TIP:** Don’t wait until you feel thirsty to drink water!
Healthy Beverage Choices

This guide can help you make the best choices to stay hydrated and perform your best.
Let’s share our victories and challenges from Week 7!

There are many beverage options available, but some of them are healthier choices than others. This guide can help you make the best choices to stay hydrated and perform your best.

**RED: Sodas, energy drinks, and sports drinks are NOT good beverage choices.**

- Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.

**YELLOW: Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.**

- Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.

**GREEN: Water is the best choice for a beverage!**

- Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.
Reach Your FIT 5 Hydration Goal

Start

Drink water throughout the day, especially if you aren’t practicing or exercising

Snack

Drink at least 1 bottle full of water an hour before practice or exercise

Breakfast

Drink at least 1 bottle full of water per hour during practice or exercise

Lunch

Drink at least 1 bottle full of water after practice or exercise

Dinner

Finish

Total: 5
Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.

**Breakfast:**
- Half of a water bottle

**Snack:**
- Half of a water bottle

**Lunch:**
- Half of a water bottle

**Before Practice or Exercise:**
- Drink at least 1 bottle full of water

**During Practice or Exercise:**
- Drink at least 1 bottle full of water per hour

**After Practice or Exercise:**
- Drink at least 1 bottle full of water

**Dinner:**
- Half of a water bottle

**Total 5 water bottles!**
Check out these great websites to learn more about exercise, nutrition, and hydration!

**NCHPAD.org**: This website has lots of health resources for people with disabilities. They have articles, videos, and even workout plans.

- For a beginner exercise program visit: [http://www.nchpad.org/14weeks/](http://www.nchpad.org/14weeks/)
- For advanced exercisers, try the Champion’s Rx program: [http://www.nchpad.org/CRx](http://www.nchpad.org/CRx)

**ChooseMyPlate.org**: This website has it all! Learn how many servings of each food group you need, track your eating to see if you are eating healthy, and even find links to healthy recipes.

**EatRight.org**: This website also has loads of nutrition information, healthy recipes, and even a section to find a dietitian in your area.

**Heart.org (Click on the heading, “Getting Healthy”)**: The American Heart Association has great resources for leading a healthy lifestyle, including a nutrition center with tons of recipes and cooking videos for heart-healthy recipes.

**Diabetes.org (click on the heading, “Food & Fitness”)**: The American Diabetes Association has lots of great articles for people who have diabetes. There are also many diabetes-friendly recipes!
This resource was supported by the Grant or Cooperative Agreement Number, U27 DD001156, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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