

Fit 5 Manual

Special Olympics Washington



Special Olympics
Health

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What is Fit 5?

Fit 5 is an 8-week nutrition and fitness based health program that challenges athletes to achieve three goals:



Exercise 5 times a week



Eat 5 servings of fruits and vegetables a day



Drink 5 bottles of water a day

Fit 5 builds the skills an athlete needs to not only perform at their best on the competition field, but more importantly improve their health and increase their quality of life.

Special Olympics Washington athletes will participate in Fit 5 with their team, and track their goals throughout the season. The program can be led by a head coach, assistant coach, Fitness Coach or an Athlete Leader.

Athletes will track their goals throughout their participation, which Special Olympics Washington will use to recognize athletes for their accomplishments and better understand the needs and strengths of SOWA athletes.

Fit 5 is implemented at no cost to the program. It is FREE to give your athletes the education and tools they need to be healthy.



Getting Ready for Fit 5

Registration: At the beginning of each season, coaches can sign up for Fit 5 through the seasonal registration portal. Coaches can sign their team up at the same time they are completing the registration process for their sport. Coaches will need to complete a roster with the names of their participants and upload this to the portal. Our registration team will verify that all participants are properly credentialed. Registration will open the week after each of our state games and is due two weeks after it opens.

Equipment: Upon registration, coaches will receive the following in the mail:

Athlete Kit (1 per athlete as requested)



✓ Athlete Fit 5 Playbook



✓ 8-week Goal Tracker



✓ SMART Goal Worksheet

Coach Kit (1 per coach as requested)



✓ Fit 5 Coaches Guide



✓ Fit 5 Manual



✓ Fitness Cards



✓ Dynamic Stretches Guide

Review all the materials you receive and read carefully through this manual and the Fit 5 Coaches Guide before starting the program.

Timeline

Fit 5 is broken down into 8 sessions, ideally implemented during one practice per week over the course of 8 weeks. This is the best schedule for the program, and teams should follow this if possible. However, there is flexibility if that does not work for your team:

- ✓ If you practice more than once a week, you can do one Fit 5 session at each practice.
- ✓ If you only practice once a week, you can do two Fit 5 sessions during one practice.

Fit 5 sessions are designed to take 10-15 minutes, so you would need to allow for 20-30 minutes for both Fit 5 sessions at that practice.



There are a few weeks where you will be asked to complete additional tasks:

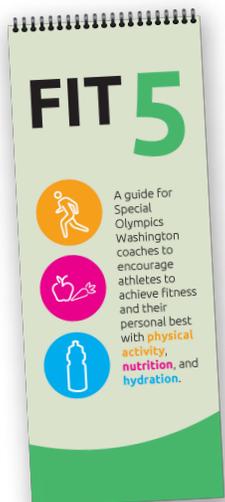
During Week 1:

- ✓ Athletes receive their Fit 5 Guides
- ✓ Coaches explain the Fit 5 program
- ✓ Athletes will begin tracking their 3 Fit 5 goals on this day
- ✓ Athletes will make a health goal using the Personal Health Goal worksheet

During Week 8:

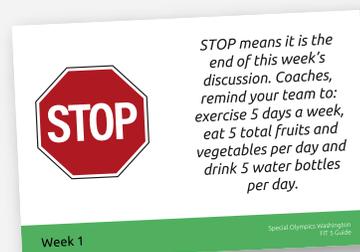
- ✓ (7 mins per person) Athletes complete the Lifestyle Survey (online form) bit.ly/3LjaxVc OR coaches can use the group template to collect all responses.
- ✓ (7 mins) Coaches submit End of Session Evaluation: bit.ly/3TaCRv4

Implementation



You should bring your Fit 5 Coaches Guide to each practice. This is a tool for you to use while you are doing each session of Fit 5 with your athletes. You will notice that this guide serves two purposes – **talking points for the coach and visual aids for athletes.**

You will always know which session you are on by looking at the bottom left corner of your Fit 5 Coaches Guide. You will know when to stop each week's session when you see the red stop sign at the bottom of the page.



When implementing each session, the goal is for athletes to think critically about the topic and learn. However, this does not mean it has to be boring!

✔ Engage athletes in each week's topic, ask them questions, and talk about strategies to improve healthy behaviors.

✔ Have a discussion about how their health behaviors can make them a better athlete and improve their lives outside of Special Olympics Washington. Being healthy is a very important part of being an athlete!

Feeling stuck? Looking for fresh ideas? Do you need resources or additional materials to make the session more interesting and exciting? Do you have a great idea, but you aren't sure how to make it happen? Email fitness@sowa.org!



Data Collection

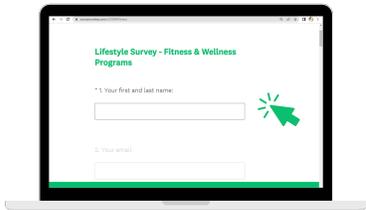
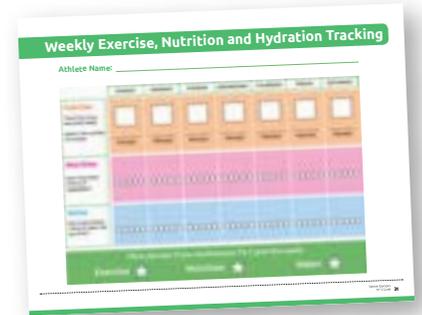


Personal Health Goals

Athletes are encouraged to create a SMART Goal using the provided template. Program leaders should document athlete goals (ex: take a photo of their goal sheet) and encourage athletes to place their goal sheet in a prominent place such as their sports bag, fridge, or bedroom mirror.

Fit 5 Goals

Each Fit 5 Athlete Guide includes a goal tracker, where athletes will record if they achieve their three Fit 5 goals for the week, month, and even year. You should always remind your athletes to keep track of their goals, and to do so honestly. No one is perfect – we are not expecting athletes to achieve every single goal every single day. If they are honest about their goals, they will see better improvements in their health and athletic abilities in the long run!



Lifestyle Surveys

The Lifestyle Surveys should be completed at the end of the program. These surveys help athletes, coaches, and SOWA to better understand the effectiveness of the Fit 5 program.

This survey will take approximately 7 minutes to complete. Individuals can complete their own survey online: bit.ly/3LjaxVc Alternately, coaches can collect participant lifestyle survey data at practice via the Lifestyle Survey Template. Coaches will upload the Lifestyle Survey Template for the entire team when they submit the End of Session Evaluation form.

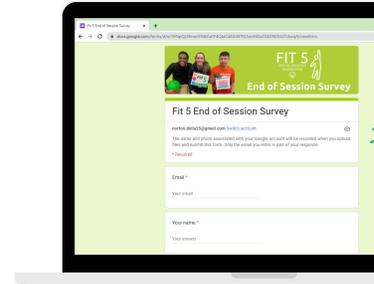


End of Session Evaluation

Completion of the end of session evaluation form is required for teams to receive their incentives. This form will take approximately 7 minutes to complete. Coaches will be asked to report on participant #'s, program impact, upload team lifestyle surveys (if applicable), and upload photos from the program. bit.ly/3TaCRv4



END OF SESSION EVALUATION



SO Fit Now Fitness App:

SO FitNow is the mobile-optimized companion app to the Fit 5 program. Registered users can track all wellness activities, monitor progress, and participate in fun challenges. If any teams, individual participants, or caregivers are interested in using the SOfitNOW app to track Fit 5 data and progress, please reach out to fitness@sowa.org.

Incentives:



Athlete has **tracked their goals** for at least 6 weeks straight **AND completes Lifestyle Survey.**



Athlete earns an incentive! Incentives will change from season to season and may include a **Fitness Shirt, Cooking Apron, Water Bottle or Running Belt.**



Program Leaders **complete the End of Session Evaluation** bit.ly/3TaCRv4



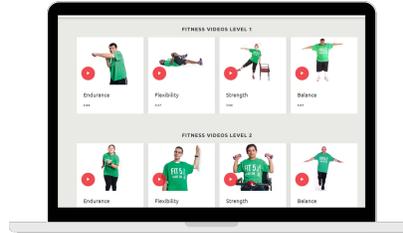
Program Leaders will receive a **\$25 Amazon gift card.**



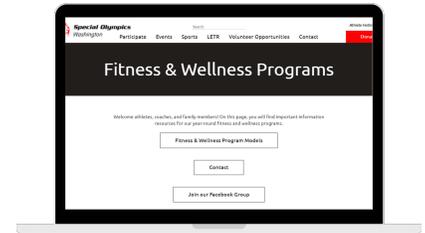
Resources



Fit 5 Fitness Cards:
bit.ly/3mP2g1e (multiple languages available)



Fit 5 Resource Page and Videos: bit.ly/3YEtzIV



SOWA Fitness & Wellness Programs Webpage:
bit.ly/3mQNsyw

Further questions or comments can be sent to: fitness@sowa.org

Thank You

for providing athletes with opportunities to improve their health and quality of life. Have fun!





My Personal Health Goal

Name: _____

My Personal Health Goal is:

To reach my goal, I will do these things:

- 1.
- 2.
- 3.

I will know I have reached my goal when:

SMART Goal Checklist:

- Specific** - is it clear what action I have to take?
- Measurable** - will I be able to track my progress?
- Attainable** - can I see myself achieving this goal?
- Relevant** - is this goal important to me?
- Time-Bound** - when will my goal be achieved?



Lifestyle Survey: Fitness & Wellness Programs

For Program



Special Olympics
Washington
Health



Scan to access
online survey

Team Name	
Area	
Fitness Program	
Sport	
Sport Season	
Program Leader Name	
Final # of Participants	

Survey Questions

1	<p>Role <i>(A=Athlete, CAR=Caregiver, CO=Coach, P=Parent, UP=Unified Partner)</i></p>
2	<p>Race/Ethnicity <i>(AI=American Indian/Alaskan Native, AA=Asian American, B=Black/African American, H=Hispanic/Latinx, PI=Native Hawaiian/Pacific Islander, W=White/Caucasian, Blank=Prefer not to answer)</i></p>
3	<p>T-Shirt Size <i>(XS, S, M, L, XL, 2XL, 3XL, 4XL)</i></p>
4	<p>Nutrition After participating in this program, I can make healthier choices about nutrition <i>(True, False, Unsure)</i></p>
5	<p>Hydration After participating in this program, I can make healthier choices about hydration <i>(True, False, Unsure)</i></p>
6	<p>Exercise After participating in this program, I can make healthier choices about exercise <i>(True, False, Unsure)</i></p>
7	<p>Mental Health After participating in this program, I feel better about my mental health <i>(True, False, Unsure)</i></p>
8	<p>Goals This program helped me achieve my health goal <i>(True, False, Unsure)</i></p>
9	<p>What was your favorite part about participating in this program?</p>
10	<p>Did you notice any positive changes in your health after participating in this program? Please share!</p>
11	<p>Do you have any suggestions to help us improve this program?</p>

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1	Role					
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