



# Fit 5 Manual

Special Olympics Washington – Fall 2021



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:

- Drink 5 bottles of water a day
- Eat 5 servings of fruits and vegetables a day
- Exercise 5 times a week

In the state of Washington, over 50% of both youth and adults in Special Olympics are overweight or obese. 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 the program can be led by a head coach, assistant coach, Team Trainer, 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.



## Getting Ready for Fit 5

At the beginning of each season, you should complete the Fit 5 Registration form to receive the materials to participate in Fit 5. You can find the form here: <https://rb.gy/o4vhta>

You will receive the following in the mail:

- Fit 5 Athlete Guides – 1 per athlete
- Personal Health Goal Worksheets – 1 per athlete
- Athlete Lifestyle Survey WEEK 1– 1 per athlete
- Athlete Lifestyle Survey WEEK 8– 1 per athlete
- Fit 5 Coaches Guide – 1 per team
- Fit 5 Manual – 1 per team

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

If you have a Wellness Coordinator in your area, you will then be connected to that individual. The Wellness Coordinator will be your point of contact for any questions or support throughout the implementation of the program. If there is not a Wellness Coordinator in your area, you will work with the Director of Health Programs for any support needed while implementing the program.

### **Never hesitate to ask questions, reach out for feedback, or try new ideas!**

Each team will have different strengths, challenges, resources, and needs. While the structure of Fit 5 will always be the same, no two programs will be identical. Be creative, and listen to what the athletes want.

## 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
- Athletes will begin tracking their 3 Fit 5 goals on this day
- Athletes will make a health goal using the Personal Health Goal worksheet
- Athletes will complete the Athlete Lifestyle Survey (online version: <https://rb.gy/w5kh5a>)

During Week 4:

- Collect Fit 5 data from athletes
- Submit Fit 5 data to SOWA using the Google Survey

During Week 8:

- Collect Fit 5 data from athletes
- Submit Fit 5 data to SOWA using the Google Survey
- Submit End of Session Evaluation: <https://forms.gle/Ciq7DHpkpUqcWYDw5>
- Athletes will complete the Athlete Lifestyle Survey (online version: <https://rb.gy/w5kh5a>)

## 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 the athletes. If you are in front of your athletes and holding the guide in front of you, you will be able to see the information that you should be going over with your athletes. The athletes will be able to see corresponding images and text to increase engagement and learning.

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 their behavior. 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!

Take pictures! Post on social media and send them to your Wellness Coordinator for a chance to be featured on area and state social media pages! #Fit5 #InclusiveHealth

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?

**Ask your Wellness Coordinator!**

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.



## Data Collection

### **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!

Coaches (or whichever individual is leading the program) will be responsible for submitting this data during Week 4 and Week 8 of the Fit 5 program. If you would like to enter your data more frequently, that is encouraged. You will receive a [Google Spreadsheet](#) to keep track of this data.

### **Athlete Lifestyle Surveys**

The Athlete Lifestyle Surveys will be completed during Week 1 and Week 8. These surveys help athletes, coaches, and SOWA to better understand the effectiveness of the Fit 5 program, athlete strengths, and athlete challenges. (Online version: <https://rb.gy/w5kh5a>)


- Fax surveys to 206-361-8158
- Email surveys to [fitness@sowa.org](mailto:fitness@sowa.org)
- Mail surveys to:  
Special Olympics Washington  
Attn: Della Norton  
2815 Second Ave  
Suite 370  
Seattle, WA 98121



### **Personal Health Goals**

Personal Health Goals will be recorded on the Google Survey, and you will report if the athlete achieved their goal or not.

## Incentives:

Task	Reward
<p>Athlete has tracked their goals for 8 weeks straight AND completed both Lifestyle Surveys.</p>	<p>Athlete receives a Fitness Shirt or SOWA Cooking Apron</p> 
<p>Coaches complete an evaluation at the conclusion of the program*</p> <p><a href="https://forms.gle/Ciq7DHpkpUgcWYDw5">https://forms.gle/Ciq7DHpkpUgcWYDw5</a></p>	<p>Coaches will receive a \$10 Amazon gift card</p>

\*Coaches are always encouraged to provide feedback, ask questions, and propose new ideas! Don't hesitate to reach out to your Wellness Coordinator at any time.

\*Prizes may change season to season based on availability.





## Resources

- Fit 5 Fitness Cards: [t.ly/sbX7](https://t.ly/sbX7) (multiple languages available)
- Fit 5 Resource Page and Videos:  
<https://resources.specialolympics.org/health/fitness/fit-5?locale=en>
- SOWA Fitness & Wellness Programs Webpage:  
<https://specialolympicswashington.org/fitness-wellness-programs/>

If you have any questions about the Fit 5 program, you should contact your Wellness Coordinator first. Further questions or comments can be sent to

[fitness@sowa.org](mailto:fitness@sowa.org)

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

