



FIT 5

Athletes want to perform their best at every competition. They can do this by being fit.

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

GOALS OF FIT 5:

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

FIT 5 RESPONSIBILITIES:

- As a coach take time out of each weeks training to discuss physical activity, nutrition, and hydration as a team.
- As a coach discuss goal setting techniques. Encourage and assist athletes to set a SMART Personal Best Goal 3 times throughout the training season. Personal Best is dependent on what type of sport (individual or team):
 - Individual Sport – Measurable trials.
 - Team Sport – Individual skill(s) assessment from Special Olympics International Sport Rules.

- As a coach submit Personal Best Tracking in excel format to the Director of Programming Projects via email or mail at the completion of the season.
 - Following submission of Personal Best Tracking, coach(es) who implemented Fit 5 will be enrolled to the Coach Training and Progress Plan.
- As an athlete complete the weekly tracking daily and the yearly training weekly.
- Each week the team will discuss athlete's tracking progress as coaches want to hear their victories and defeats!

FIT 5 OUTCOMES:

- Health / wellness culture which equates to a better quality of life and athletes living longer.
- Health is infused into the movement.

FOR MORE INFORMATION CONTACT:

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