

# Your Personal Bests

Saturday, August 26<sup>th</sup> from 1:30 – 2:45 PM

*Jordan Schubert & Chelsea Drob*

**Special Olympics**  
Pennsylvania



# Health and Fitness Coordinator

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**A Health and Fitness Coordinator is an athlete committed to promoting healthier lifestyles for athletes, unified partners, coaches and families!**

- Health and Fitness Coordinator evolved from athletes during the 2014 Athlete Congress.
- Each local program is required to have a Health and Fitness Coordinator who is a Special Olympics athlete that wants to promote healthier lifestyles in his/her local program.
- The Health and Fitness Coordinator is not a member of the local program management team, however may be asked to report out on an as needed basis.

# Position Description Breakdown

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## 1. Health and Fitness Coordinator for Local Program.

- Create a year round health and fitness club and communicate activities via social media (i.e. Facebook and/or Twitter), e-mail blast, local program newsletter; etc.

(\*Key: led by athletes for athletes, unified partners and families)  
Examples of club activities include: Walking, Running, Fitness Center, Cooking, Healthy Eating, Exercising Habits and Hygiene Club. The possibilities are endless!

- <https://www.facebook.com/groups/943078565796333/>
- Provide healthy menu input at local program competitions.

Suggestions you could provide: Serving salads/wraps in place of sandwiches or pizza, Serving fruit, vegetables and/or baked chips in place of fried chips and Providing beverage options other than soda such as: Gatorade/Powerade, fruit juice, flavored water, etc.

- **Optional:** Help the local program partner with health and fitness organizations.

Partnership suggestions: Local YMCA with reduced rates, Food companies to provide healthy snack / beverage options at competitions and local fitness professionals and dieticians for sport-specific advice.

# Position Description Breakdown Continued...

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## 2. Volunteer / Offer Healthy Habits.

- Healthy Habits are interactive education stations that help build awareness of how healthy habits affect sport performance and everyday life.

2016 – 2018: Volunteer at state and sectional competition.  
2018 – 2020: Host at local and invitational competition.

- <http://specialolympicspa.org/special-programs/initiatives/health-programs>

## 3. Optional: Volunteer as Healthy Athlete Assistant.

- Healthy Athletes is a program that provides free health screenings in a fun, welcoming environment that removes the fear people with intellectual disabilities often experience when faced with a visit to a doctor or dentist.

18 years of age or older

May not be competing at competition where offered

Transportation to and from the event

Ability to communicate interpersonally with SOPA Staff, Clinical Director, volunteers and other athletes

Responsible individual with good behavior

Ability to be attentive during instruction

# Healthy Lifestyles Information



- Healthy Lifestyles at Athlete Leadership University will be **Saturday, October 14<sup>th</sup>- Sunday, October 15<sup>th</sup>** at the **Best Western in Lewisburg, PA.**
- Registration will be sent via email.
- No prior Athlete Leadership experience required.
- Healthy Lifestyles Q & A:  
[http://specialolympicspa.org/images/Athlete\\_Leadership/Healthy\\_Lifestyles\\_-\\_Frequently\\_Asked\\_Questions.pdf](http://specialolympicspa.org/images/Athlete_Leadership/Healthy_Lifestyles_-_Frequently_Asked_Questions.pdf)



# Healthy Communities

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**Special Olympics is the largest global public health organization dedicated to serving people with intellectual disabilities.**

A recognition program for the Special Olympics Movement focuses on:

- Health education and prevention, fitness and wellness opportunities for athletes
- Expanding access to health care resources and services in the community
- Partnership development
- Infusing health through all Special Olympics programming



**The goal is to increase access to healthcare and improve health status of people with intellectual disabilities around the world.**

# Healthy Communities Continued...



- Led by the Golisano Foundation, and supported by other organizations globally and locally including the U.S. Centers for Disease Control and Prevention
- **Achieving HC Status:** Arizona, Florida, Kazakhstan, New Jersey, Romania, South Africa, Thailand & Wisconsin
- **In The Process Of Achieving HC Status:** Alaska, Arkansas, British Columbia, Connecticut, Hawaii, Indiana, Nebraska, Ontario, Oregon, Pennsylvania & Washington



# What is FIT 5?

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.

## Goals of FIT 5



**EXERCISE**

**5**  
days a  
week



**EAT**

**5**  
total fruits and  
vegetables per  
day



**DRINK**

**5**  
water  
bottles  
per day



# Reach Your Fit 5 Exercise Goal



Day of the week	Activity	Time Spent
<b>Monday</b>	Special Olympics football practice	<b>90 minutes</b>
<b>Tuesday</b>	Walked with friend after work	<b>45 minutes</b> <b>10 minutes</b>
<b>Wednesday</b>	<b>Off</b>	
<b>Thursday</b>	Did a group exercise class	<b>60 minutes</b>
<b>Friday</b>	<b>Off</b>	
<b>Saturday</b>	Biked on a trail in the park	<b>30 minutes</b>
<b>Sunday</b>	Walked with Mom	<b>35 minutes</b>

# Reach Your Fit 5 Nutrition Goal



START



## 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

FINISH

## Breakfast

Whole grain cereal  
Low-fat or skim milk

1 **\*Banana\***  
Water

## Snack

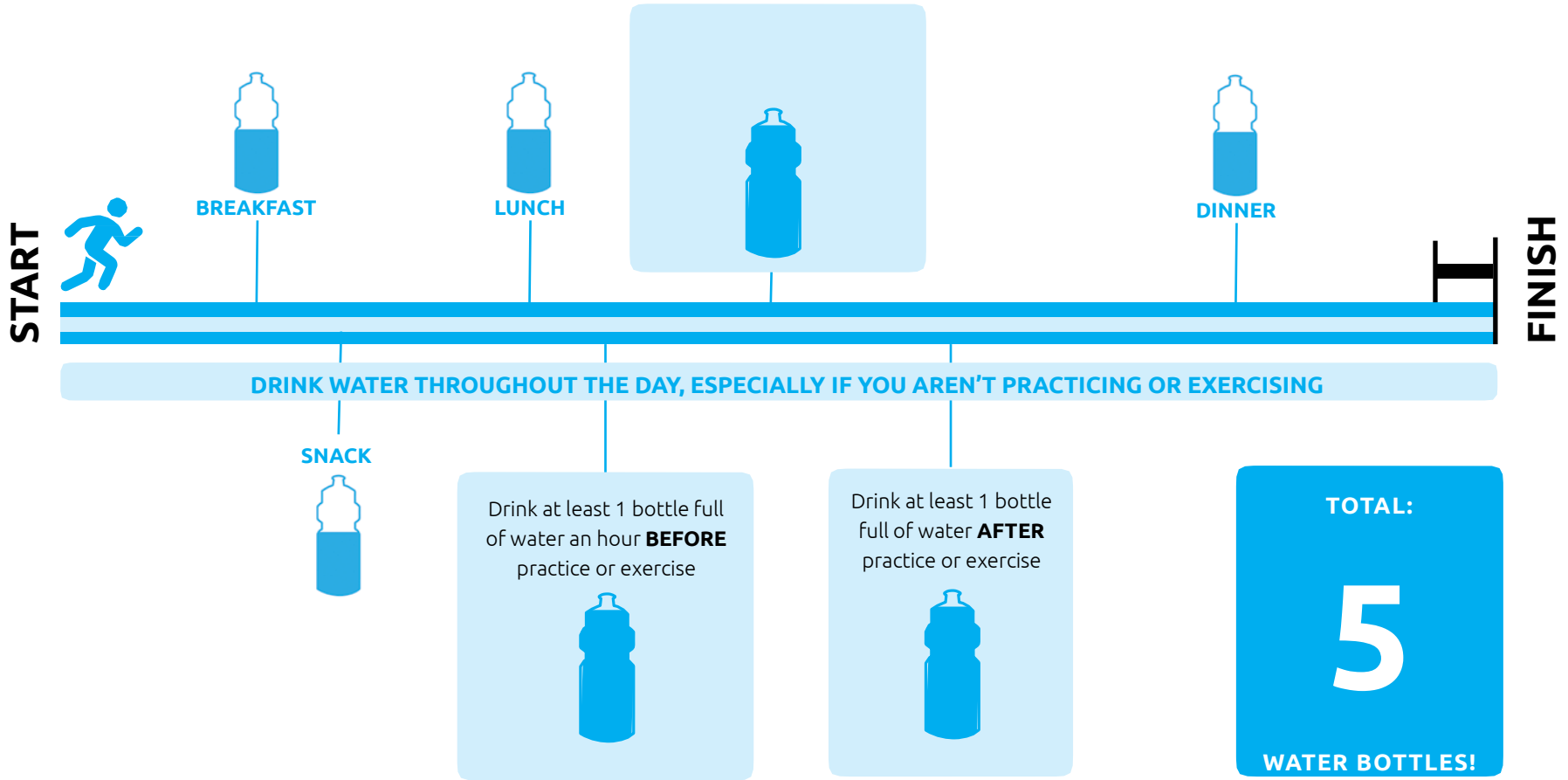
4 **\*Handful of grapes\***  
Almonds

Practice  
or  
Exercise

## Snack

Oatmeal Cookies  
Low-fat or skim milk

# Reach Your Fit 5 Hydration Goal



# Fit 5 Continued...

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Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	49	50	51	52								
Exercise	☆	☆	☆	☆								
Nutrition	☆	☆	☆	☆								
Water	☆	☆	☆	☆								

# Goal Setting

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## 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!**

# Personal Best Tracking

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Personal Best Tracking is a tool that will show you where YOU are now and tracks your improvement throughout the season.

Personal Best Tracking is dependent on what type of sport (individual or team):

- Individual Sport – Measureable trials.
- Team Sport – Individual skill(s) assessment from Special Olympics International Sport Rules.

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.

# Personal Best Tracking Continued...



Set your own Personal Best for the next sport you will be competing in!

Personal Best should be SMART (Specific, Measurable, Attainable, Relevant and Timely).

Encouraged to bring your Personal Best and share it with your coach at practice!