

Exercise

You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

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

Types of Exercise

CARDIOVASCULAR ENDURANCE



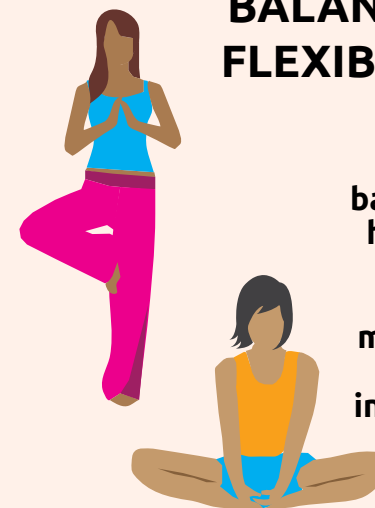
Cardio exercises improve the body's circulatory and respiratory systems (heart & lungs) to participate in physical activity.

STRENGTH



Strength exercises improve muscular strength and help your body become stronger.

BALANCE & FLEXIBILITY



Cool downs using flexibility and balance exercises can help slow the heart rate and breathing, avoid muscle stiffness and soreness, prevent injury, and relax your body.

To measure the intensity of exercise is to understand how physical activity affects heart rate and breathing. There are two levels of intensity: moderate intensity and vigorous intensity. Exercise requires physical exertion. Exertion is effort. Your level of exertion during exercise is extremely important to have a positive impact on your health and fitness. This level of exertion can make you feel uncomfortable. It will increase your heart rate and breathing, make you sweat and cause muscle fatigue.

Your goal is to exercise at a moderate-vigorous exertion level for 45-60 minutes, 5 days per week.

To keep exercise fun you can combine types of exercises:

Exercise is Fun!



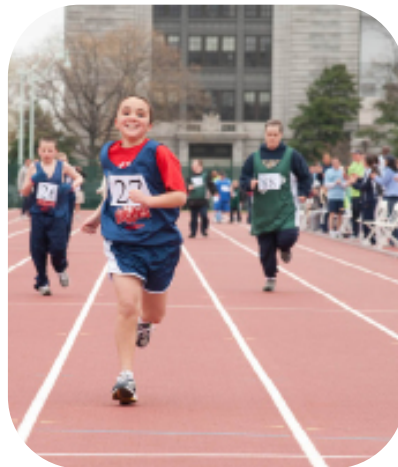
It is easy to get in the right amount of exercise if you make it fun.

Here are some tips to help you stay motivated to reach your goal.



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 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.

Reach Your Exercise Goal



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.

Day of the Week	Activity	Time Spent
1	Special Olympics practice	60 minutes
2	Unified Fitness Workout with Partner	60 minutes
3	Cardiovascular Endurance (walk w/family member)	30 minutes
4	OFF	OFF
5	Unified Fitness workout with partner	60 minutes
6	Cardiovascular Endurance (bike w/family member)	30 minutes
7	OFF	OFF

The above table is an example of 5 days of exercise in one week

Family Engagement



When you take care of your body, you take care of your mind too. Physical exercise helps keep us healthy, decreases stress, and can help improve our mood! Explore different activities that can be done individually or could be fun for the whole family.



Take a Hike/Walk

Go to your favorite hiking trail, walking area, park, or even your neighborhood. Bring the whole family along and encourage each other to maintain a brisk walking pace. Feel your heart beating faster and your breathing rate increase. Especially as the weather warms up, remember to drink plenty of water!



Family Sports Night

This idea is fun for the whole family. Compete against each other or just cheer each other on as you engage the family in a sports night. Try anything from a dance off in your living room to an obstacle course in your backyard to a basketball game at your local park. It may be fun for a different member of the family to come up with a new challenge, competition, or activity every time you have sports night. Have fun and get active!



Take a Field Trip

Get the family together and take a field trip to enjoy some fun physical activity. Go to a trampoline park, group exercise class, community swimming pool, roller skating rink, or even just the park and participate in some fun activities you may not normally get to do. Try something new and stay adventurous to keep physical fitness fun!

