



Special Olympics

**Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

# Health Promotion



Special Olympics  
**Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

# Nutrition

# Why is healthy eating important?



Special Olympics  
**Health**  
FOUNDATION  
MADE POSSIBLE BY **Golisano**

- Keeps the body and mind healthy
- Gives the body energy to be active and function well
- Helps the body to grow and repair itself
- Helps the body to fight infections and illness
- Higher sports performance and recovery
- More energy
- Stronger muscles and bones
- Better focus

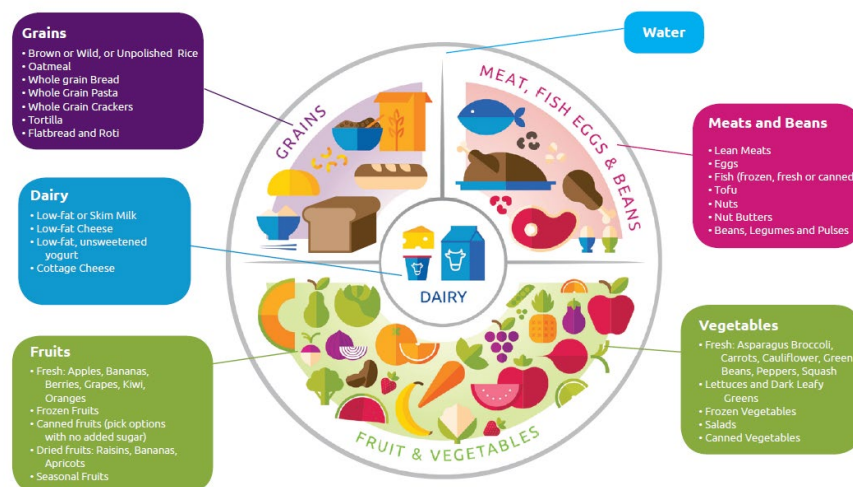


# What does a healthy diet look like?



Special Olympics  
**Health**  
FOUNDATION  
MADE POSSIBLE BY **Golisano**

- A lot of fruits & vegetables
- Whole grains versus white, starchy food
- Protein primarily from lean meat, fish, dairy products, legumes/beans, nuts and healthy fats
- Not a lot of red meat, fatty, fried, or processed foods
- Limited consumption of salt, sugar, soda pop, and alcohol



# Perfect Portions



**Here is a fun way to remember how much to eat when you have a serving.** The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



1 serving of fruit



1 serving of rice  
or pasta



1 serving of  
vegetables



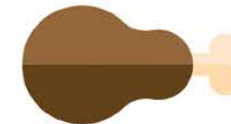
hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese



1 serving of nuts



1 serving of nut  
butter



Special Olympics  
**Health**  
MADE POSSIBLE BY FOUNDATION  
**Golisano**

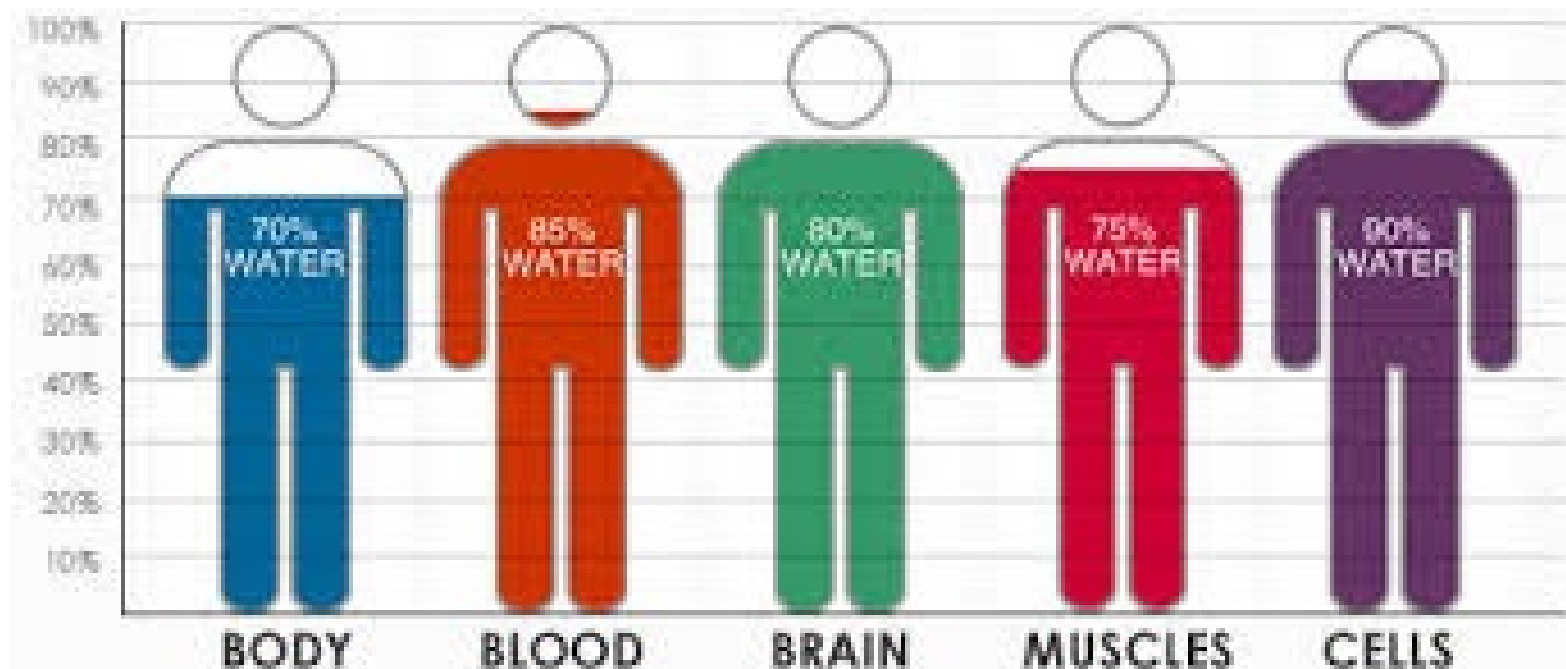
# Hydration

# Hydration



Special Olympics  
**Health**  
MADE POSSIBLE BY **Golisano** FOUNDATION

Did you know?







# HYDRATION

## MY GOAL:

Drink enough water throughout the day to stay hydrated



Special Olympics  
**Health**  
MADE POSSIBLE BY FOUNDATION  
**Golisano**



## WHY HYDRATION IS IMPORTANT

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best

## WATER FUEL FOR HEALTH AND SPORT PERFORMANCE

- Goal is to drink 5 bottles of water every day
- Your bottle should be 16-20 oz. or 500-600 ml



**TIP:** Drink out of a sports water bottle—they are refillable and can hold the right amount of water

## BEST TIME TO DRINK WATER



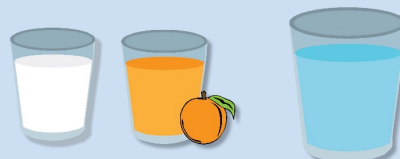
Drink water at each meal and snack during the day.

- Morning meal
- Mid morning
- Noon meal
- Mid afternoon
- Evening meal

Drink at least 1 bottle of water during sports.

- During practice or exercise
- Before practice or exercise
- After practice or exercise

## HEALTHY BEVERAGE OPTIONS



Drink low-fat milk and small amounts of 100% juice

**Water is the best choice for hydration!**

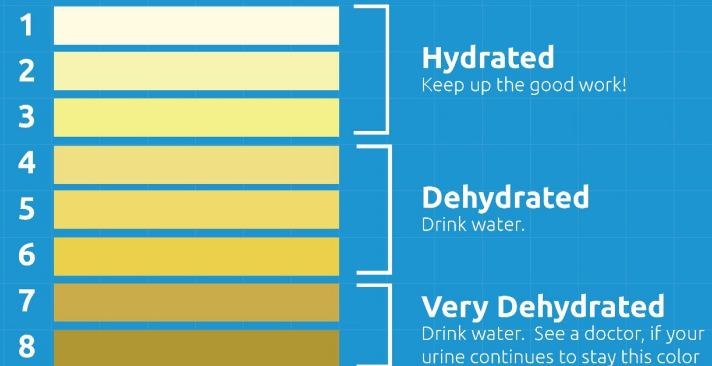
## SIGNS OF DEHYDRATION

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

**Drink water right away, slow down and cool off**

## URINE CHART

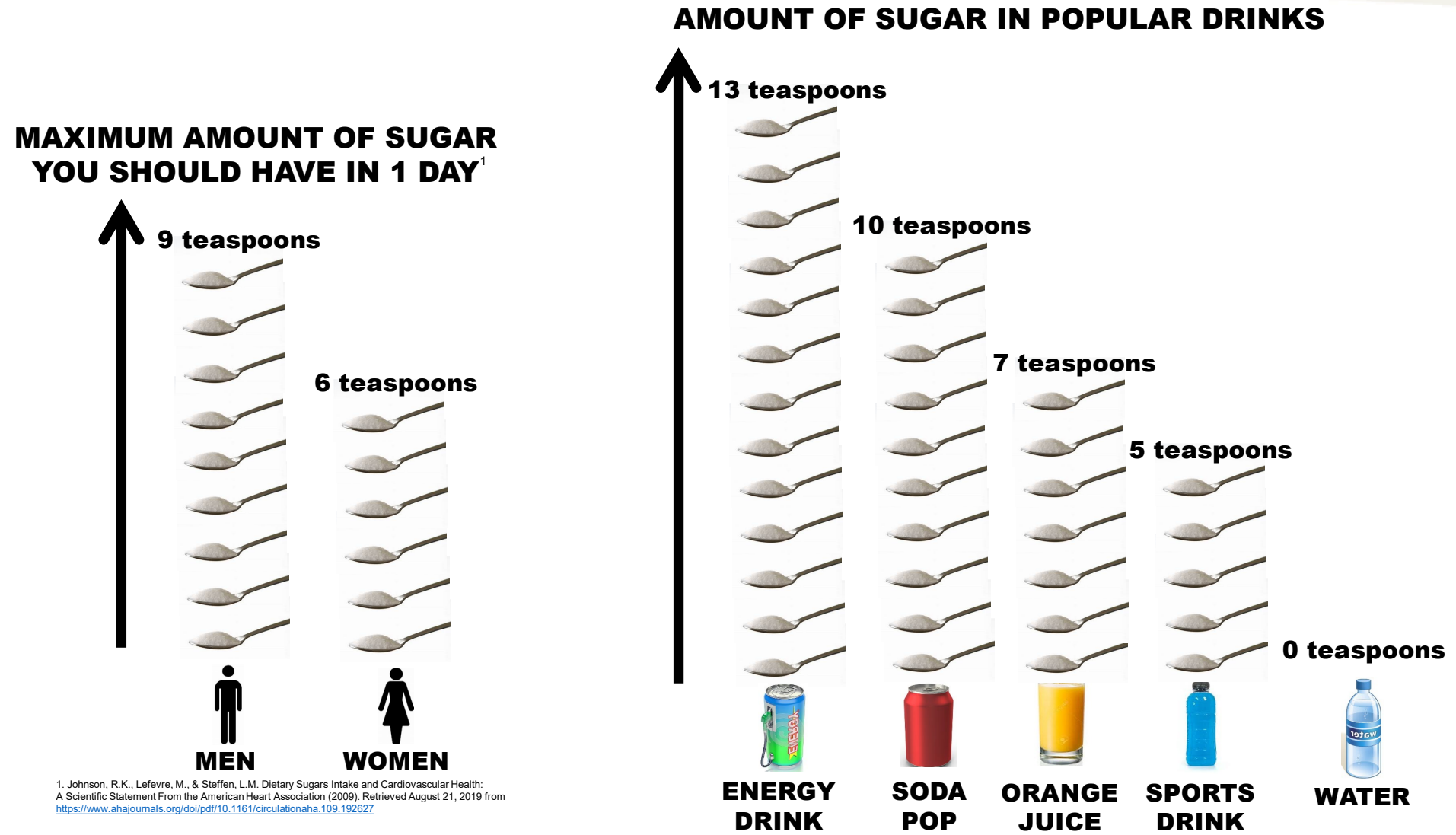
How to tell if you are hydrated







# Rethink Your Drink. Choose Water.



1. Johnson, R.K., Lefevre, M., & Steffen, L.M. Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement From the American Heart Association (2009). Retrieved August 21, 2019 from <https://www.ahajournals.org/doi/pdf/10.1161/circulationaha.109.192627>



Special Olympics  
**Health**  
MADE POSSIBLE BY **Golisano** FOUNDATION

# Fitness

Your best health and performance through proper physical activity,  
nutrition and hydration



# PHYSICAL ACTIVITY

## MY GOAL:

Become a better athlete and healthier by enjoying physical activity outside of my sports practice



Special Olympics  
**Health**  
MADE POSSIBLE BY  
FOUNDATION  
**Golisano**



### GETTING STARTED

- List the reasons you want to get active
- Write down active things you like to do
- Pick something you will want to stick with
- Find some buddies to exercise with
- Schedule regular time to do it
- Start slowly, start small

### PICK ACTIVITIES THAT IMPROVE YOUR...



## PHYSICAL ACTIVITY IS ANYTHING YOU DO THAT MAKES YOU MOVE. IT'S EASY TO FIT PHYSICAL ACTIVITY INTO YOUR EVERYDAY

What do you like to do to be more active?



Remember to stay hydrated when you exercise.

### LIMIT YOUR SITTING AND SCREEN TIME

Move more, sit less, everyday!



### BEING MORE ACTIVE MAKES US HEALTHIER



## Types of Exercise:



**ENDURANCE**



**STRENGTH**



**FLEXIBILITY**



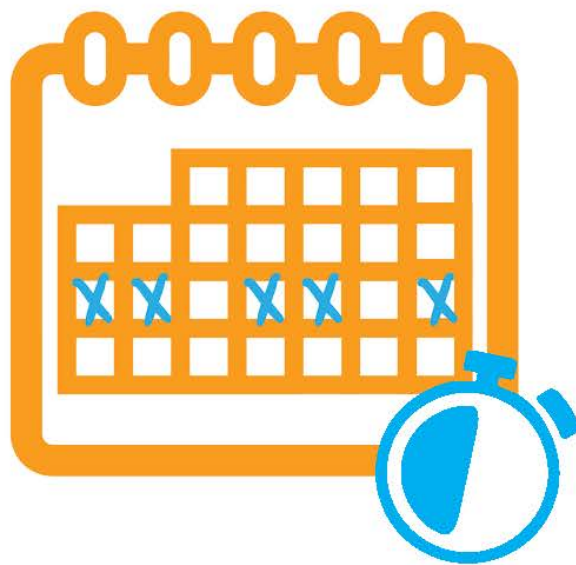
**BALANCE**

# Endurance



**Endurance is the ability of your body to keep moving for long periods of time.** Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

**Try your favorite endurance exercise for 30 minutes, 5 days each week.**



Running



Biking



Dancing



Brisk  
Walking



Aerobics  
Classes



Swimming

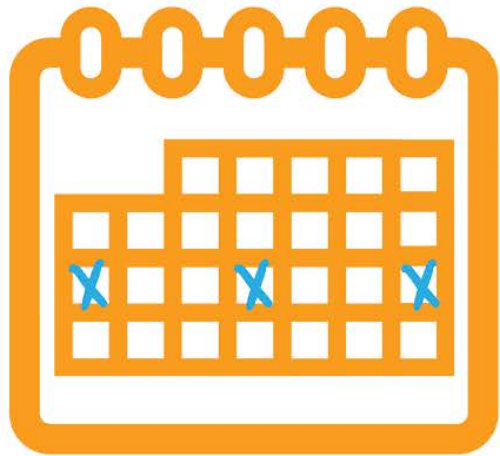


# Strength



**Strength is the ability of your body to do work.** Strength gives you the ability to jump higher, throw farther, and sprint faster.

**Try to complete a workout for the entire body, 2-3 days each week.**





# Flexibility



**Flexibility is the ability of your body to move easily in all directions.** Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

**Try to complete a stretch for all body parts, 2-3 days each week!**



Yoga



Static  
Stretching



Dynamic  
Stretching

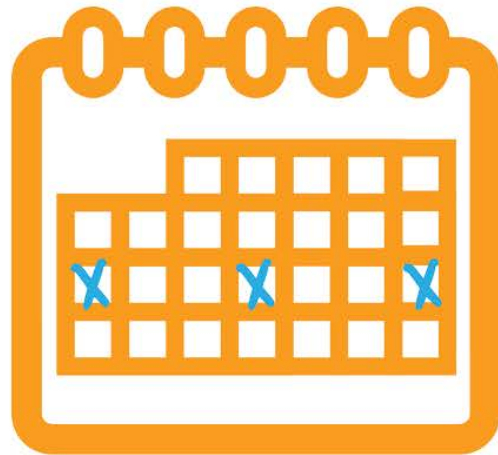
**Note:** Dynamic stretching should be done as part of your warm up.  
Static stretching should be done as part of a cool down.

# Balance



**Balance is the ability of your body to stay upright or stay in control of your movements.** Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

**Try to complete a full body balance workout, 2-3 days each week!**



Yoga



Static Balance



Dynamic Balance



Special Olympics  
**Health**  
MADE POSSIBLE BY FOUNDATION  
**Golisano**

# Hygiene

# Daily Checklist



Special Olympics  
**Health**  
MADE POSSIBLE BY **Golisano** FOUNDATION

- Brush your teeth
- Shower
- Brush your hair
- Put on deodorant
- Put on clean clothes and shoes
- Put dirty clothes in your hamper
- Wash hands before eating





# HANDWASHING

**MY GOAL:**  
Have clean hands and  
prevent spread of germs



Special Olympics  
**Health**  
MADE POSSIBLE BY FOUNDATION  
**Golisano**



## HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading



## 6 EASY STEPS TO CLEAN HANDS



1

WET YOUR HANDS



2

APPLY SOAP



3

WASH YOUR  
HANDS FOR 20  
SECONDS

Don't forget to scrub between your fingers, under your nails, and the top of your hands



4

RINSE WELL



5

DRY YOUR HANDS



6

TURN OFF WATER  
WITH PAPER TOWEL

## WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

## HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

Sing Happy Birthday to  
yourself twice

**OR**

Sing the alphabet song  
to yourself





**Test your knowledge with this**  
**quiz for a chance to win a**  
**prize!**