# SONM Fit 5
# + Strong Minds Challenge

Special Olympics
New Mexico

# Welcome to the SONM Fit 5 + Strong Minds Challenge

Athletes perform at their best by being fit. Being fit means your body is strong and healthy. You can get fit by following the Fit 5 goals. The Fit 5 goals are to exercise 5 days a week, eat 5 total fruits and vegetables every day, and drink 5 bottles of water every day. Challenge yourself and improve your fitness level by participating in the Fit 5 challenge!

**Instructions**

Welcome to the 6 week Fit 5 + Strong Minds Challenge! The challenge will get harder each week, but you can do it! By the end of the challenge, you will reach and maintain all the Fit 5 goals. You can push yourself to reach the Fit 5 goals faster if you feel able.

You will use the Trackers in this workbook to track your daily activities for the challenge. You will track your exercise, how many fruits and vegetables you eat, how much water you drink, and the Strong Minds Activities you complete.

Included in this workbook are some tips to help you reach you goals in the 4 areas we are tracking in this challenge, and additional resources are available in the Health & Wellness section of our website, www.sonm.org.

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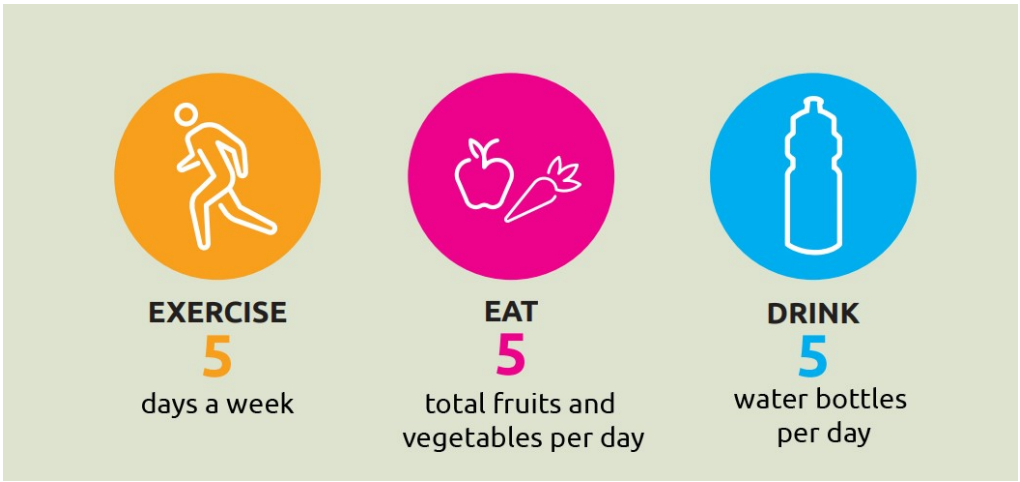


# Week 1

## Introduction to Fit 5 + Strong Minds Challenge

You are starting the 8-week Fit 5 Challenge today! The challenge will get harder each week, but you can do it! By the end of the challenge, you will reach and maintain all the Fit 5 + Strong Minds goals.

**This week, your goal is to**:

- Exercise for 30 minutes, 1 day of the week
- Drink 1 water bottle per day
- Eat 1 fruit or vegetable per day
- Complete 1 strong minds exercise

You can push yourself to reach the Fit 5 + Strong Minds goals faster if you feel able.

Don't forget to record your exercise, eating, drinking, and strong minds using the weekly trackers in this guide.

- **Record Exercise:** Check the box for the day if you exercise, add the number of minutes on the blank line.
- **Record Nutrition:** Check off one circle for each serving of fruits or vegetables you eat each day.
- **Record Hydration:** Color in one water drop for each 16 oz water bottle you drink each day.
- **Record Strong Minds:** Check the box for each day you complete a Strong Minds exercise.

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# Weekly Tracker

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**Week 1**

**Name:** _____

**Motivational thought for the week:** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Exercise** Check box if you exercised today! Write the number of minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes |
| **Nutrition** How many total fruits and vegetables did you eat today? Mark a circle for each serving. | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ |
| **Water** How many bottles (16 oz) of water did you drink? Mark a circle for each water bottle you drink. | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ |
| **Strong Minds** Check the box if you did a Strong Minds Exercise! | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Week 2
# Exercise

Exercise is an important part of being fit. You can become a better athlete by being physically active outside of your sports practices. There are MANY ways to exercise and be physically active. There are 4 types of exercises that can target the skills you need for sports: endurance, strength, flexibility and balance. Use the Fit 5 Fitness Cards (Level 1, Level 2, Level 3, Level 4 & Level 5) and the Fit 5 Guide to see some examples of exercises you can do! If you do not have these they are available on our website.

**Keep up the great work!  This week your goal increases to:**

- Exercise for 30 minutes, 2 days of the week
- Drink 2 water bottles per day
- Eat 2 fruits or vegetables per day
- Complete 1-2 strong minds exercises
-

Don’t forget to record your exercise, eating, drinking and strong minds using the weekly tracker!

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# Weekly Tracker

Special Olympics New Mexico

**Week 2**

**Name:** _____

**Motivational thought for the week:** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Exercise** Check box if you exercised today! Write the number of minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes |
| **Nutrition** How many total fruits and vegetables did you eat today? Mark a circle for each serving. | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ |
| **Water** How many bottles (16 oz) of water did you drink? Mark a circle for each water bottle you drink. | 💧💧💧💧💧💧 | 💧💧💧💧💧💧 | 💧💧💧💧💧💧 | 💧💧💧💧💧💧 | 💧💧💧💧💧💧 | 💧💧💧💧💧💧 | 💧💧💧💧💧💧 |
| **Strong Minds** Check the box if you did a Strong Minds Exercise! | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

Exercise with a friend of group

Take the lead at practive

Try something new

Track your improvements

# Week 3
# Exercise is FUN!

Last week we learned that exercise is an important part of being fit. To be fit, you should be physically active outside of your sports practices. It is easy to do 5 days of exercise in one week if you make it fun! To make exercise fun you can:

1. Exercise with a friend or a group!
2. Take the lead at sports practice!
3. Try something new!
4. Track your improvements!

Another way to help you stay motivated to reach your Fit 5 + Strong Minds Goals is to make a plan. A plan can help you stay focused and motivated by keeping you organized. Check out the EXERCISE section of this guide to see an Exercise Plan for one week!

**This week your goal stays the same:**

- Exercising for 30 minutes, 2 days of the week
- Drinking 2 water bottles per day
- Eating 2 fruits or vegetables per day
- Complete 1-2 strong minds exercises
-

Don’t forget to record your exercise, eating, drinking and strong minds using the weekly tracker.

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# Weekly Tracker

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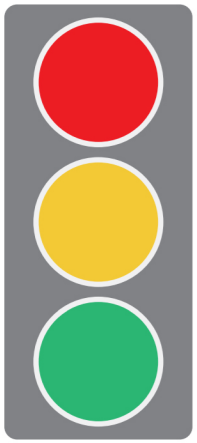
**Week 3**

**Name:** _____

**Motivational thought for the week:** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Exercise**<br>Check box if you exercised today! Write the number of minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes |
| **Nutrition**<br>How many total fruits and vegetables did you eat today? Mark a circle for each serving. | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ |
| **Water**<br>How many bottles (16 oz) of water did you drink? Mark a circle for each water bottle you drink. | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ |
| **Strong Minds**<br>Check the box if you did a Strong Minds Exercise! | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |



Sodas, energy drinks, and sports drinks are NOT good beverage choices.

Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.

Water is the best choice for a beverage!

# Week 4
# Hydration!

Water is an important fuel for your body for sports and for life. Your body uses water to do everything, so if you don't drink enough you may become dehydrated. This means your body has lost too much water. You may be dehydrated if you are thirsty, feel tired, or your urine is dark yellow. To avoid being dehydrated, drink plenty of water throughout the day, every day! There are lots of beverages to choose from, but water is usually healthier than other beverage choices, even sports drinks!

**Keep up the great work. This week your goal increases to:**

- Exercising for 30 minutes, 3 days of the week
- Drinking 3 water bottles per day
- Eating 3 fruits or vegetables per day
- Complete 2-3 strong mind exercises

Don't forget to record your exercise, eating, and drinking using the Trackers.

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# Weekly Tracker

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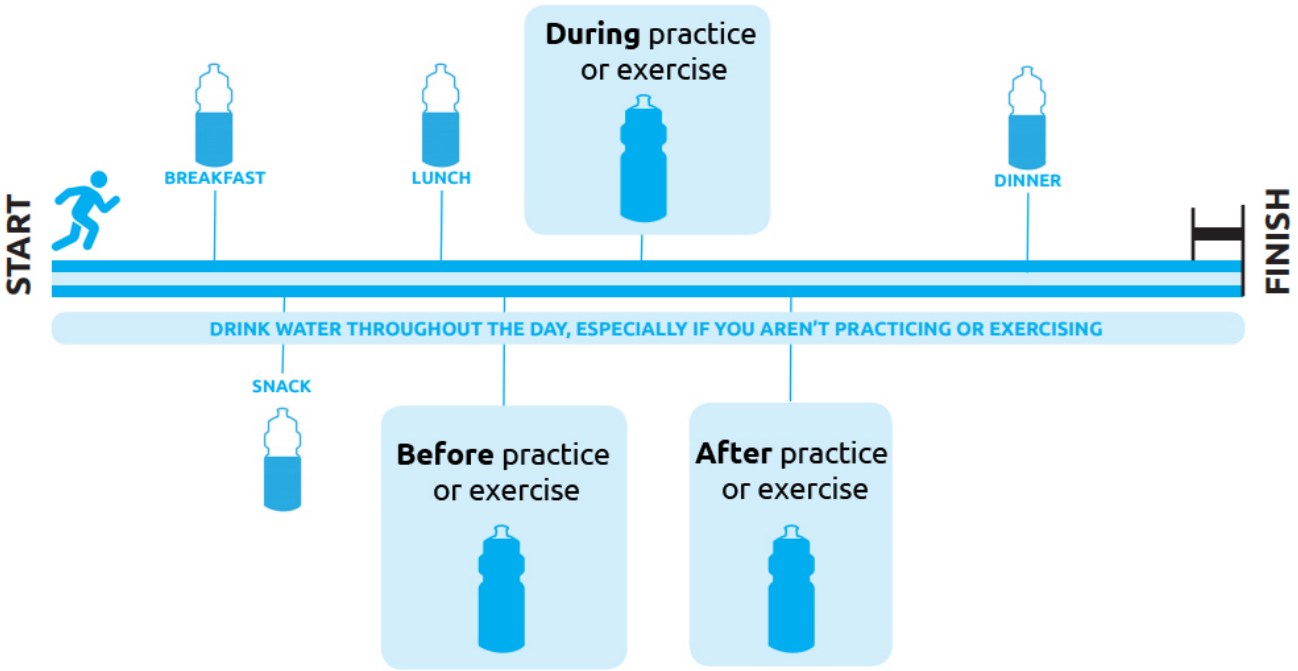
**Week 4**

**Name:** _____

**Motivational thought for the week:** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Exercise**<br>Check box if you exercised today! Write the number of minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes |
| **Nutrition**<br>How many total fruits and vegetables did you eat today? Mark a circle for each serving. | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ |
| **Water**<br>How many bottles (16 oz) of water did you drink? Mark a circle for each water bottle you drink. | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ |
| **Strong Minds**<br>Check the box if you did a Strong Minds Exercise! | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |




# Week 5
# Reach your Fit 5 Hydration Goal!

We know that water is usually the best choice, but it can be challenging to drink enough water each day to stay hydrated. To stay hydrated, your goal is to drink 5 bottles of water every day. Staying hydrated can be easy when you know the best times to drink water! Use the guide above to help you reach your hydration goal every day!

**This week your goal stays the same:**

- Exercise for 30 minutes, 3 days of the week
- Drink 3 water bottles per day
- Eat 3 fruits or vegetables per day
- Complete 2-3 strong minds exercises

**Don’t forget to record your exercise, eating, and drinking using the Trackers .**

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# Weekly Tracker

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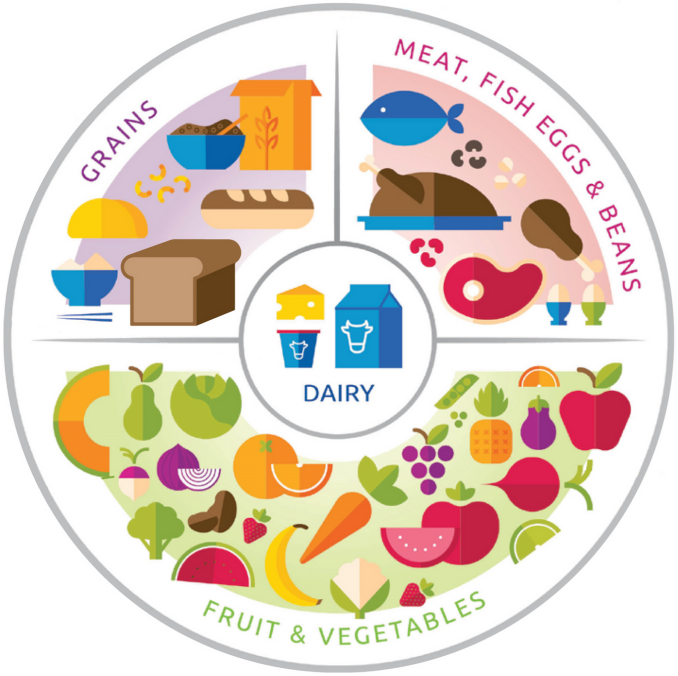
**Week 5**

**Name:** _____

**Motivational thought for the week:** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Exercise** Check box if you exercised today! Write the number of minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes |
| **Nutrition** How many total fruits and vegetables did you eat today? Mark a circle for each serving. | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ |
| **Water** How many bottles (16 oz) of water did you drink? Mark a circle for each water bottle you drink. | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ |
| **Strong Minds** Check the box if you did a Strong Minds Exercise! | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |




# Week 6
# Healthy Eating and Healthy Meals

Just like water, the food you eat is fuel for your body. Making smart choices about food is important for both your health and your sports performance. Fruits and vegetables are an important part of eating healthy, but so are eating the right grains, dairy, and proteins. Eating right can be easy because there are many delicious healthy foods.

**This week your goal increases to:**

- Exercising for 30 minutes, 4 days of the week
- Drinking 4 water bottles per day
- Eating 4 fruits or vegetables per day
- Complete 3-4 strong mind exercises

**Don’t forget to record your exercise, eating, and drinking using the Trackers.**

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# Weekly Tracker

Special Olympics New Mexico

**Week 6**

**Name:** _____

**Motivational thought for the week:** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| **Exercise** Check box if you exercised today! Write the number of minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes | ☐ _____ Minutes |
| **Nutrition** How many total fruits and vegetables did you eat today? Mark a circle for each serving. | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ | ○○○○○ |
| **Water** How many bottles (16 oz) of water did you drink? Mark a circle for each water bottle you drink. | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ | ○○○○○○ |
| **Strong Minds** Check the box if you did a Strong Minds Exercise! | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# EXERCISE RESOURCES

# Endurance

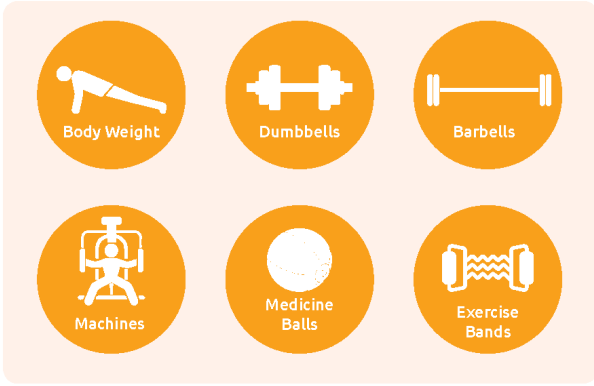
**Endurance is the ability of your body to keep moving for long periods of time.** Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

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

# 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.**

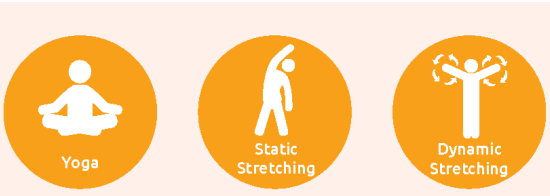





# Flexibility

**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!**




**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!**

# Reach Your Fit 5 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 |
|---|---|---|
| **Monday** | Special Olympics football practice<br>-stretched and did strength exercises during warm ups<br>-walked and ran during practice | **90 minutes** |
| **Tuesday** | Walked with a friend after work<br>Did balance exercises before bed | **45 min**<br>**10 min** |
| **Wednesday** | Off | |
| **Thursday** | Did a group exercise class<br>-ended the class with strength exercises and stretching | **60 minutes** |
| **Friday** | Off | |
| **Saturday** | Biked on a trail in the park | **30 min** |
| **Sunday** | Walked with Mom<br>-did balance exercises after our walk | **35 minutes** |

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- 20 Jumping Jacks
- 20 High Knees
- 15 Squats
- 15 Side Leg Raises (each side)
- 10 Russian Twists
- 10 Donkey Kicks (each side)
- 10 Side Lunges (each side)
- 20 Butt Kickers
- 20 Second Plank
- 30 Second Air Punches

# 10 Ways to work up to 10,000 STEPS A DAY

Recent studies show that adults with disabilities or chronic illness should aim for 6,500 - 8,500 steps per day.

3,000 of those steps should be performed at moderate to vigorous intensity.

For adults wanting to lose weight, it is recommended they aim for 10,000 or more daily steps.

Furthermore, walking 10,000 steps a day can cut your risk of dementia in half.

So walking keeps us healthier longer. We hope to help motivate you to get up and get moving so this is your reminder to get up and get some steps in!

1. Set alerts every 2 hours to remind yourself to move.
2. Walk or jog around your house or office.
3. Stand up from the couch and do a few minutes of high knees
4. Walk around as you are talking on the phone.
5. During your lunch break take a walk.
6. Hike a local trail.
7. Park in the farthest spot in the parking lot.
8. Use the stairs instead of the elevator.
9. Work in extra steps as you do chores. Put away one dish at a time or put away clothes one at a time after laundry
10. Take a stroll at a park before or after work.

# NUTRITION RESOURCES

# 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

# Healthy Meals

**Add more fruits and vegetables to your meals.** You can make any meal more nutritious with these simple suggestions.

## Breakfast

- Have a piece of fruit with your meal
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.

## Dinner

- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.

## Lunch

- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.

# Healthy Snack Ideas

**Snacking is a great way to make sure you are full of energy**. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

Apple slices dipped in peanut butter

Low-fat unsweetened yogurt with berries

Low-fat cottage cheese with tomatoes

Carrots or peppers dipped in hummus

Celery topped with peanut butter and raisins

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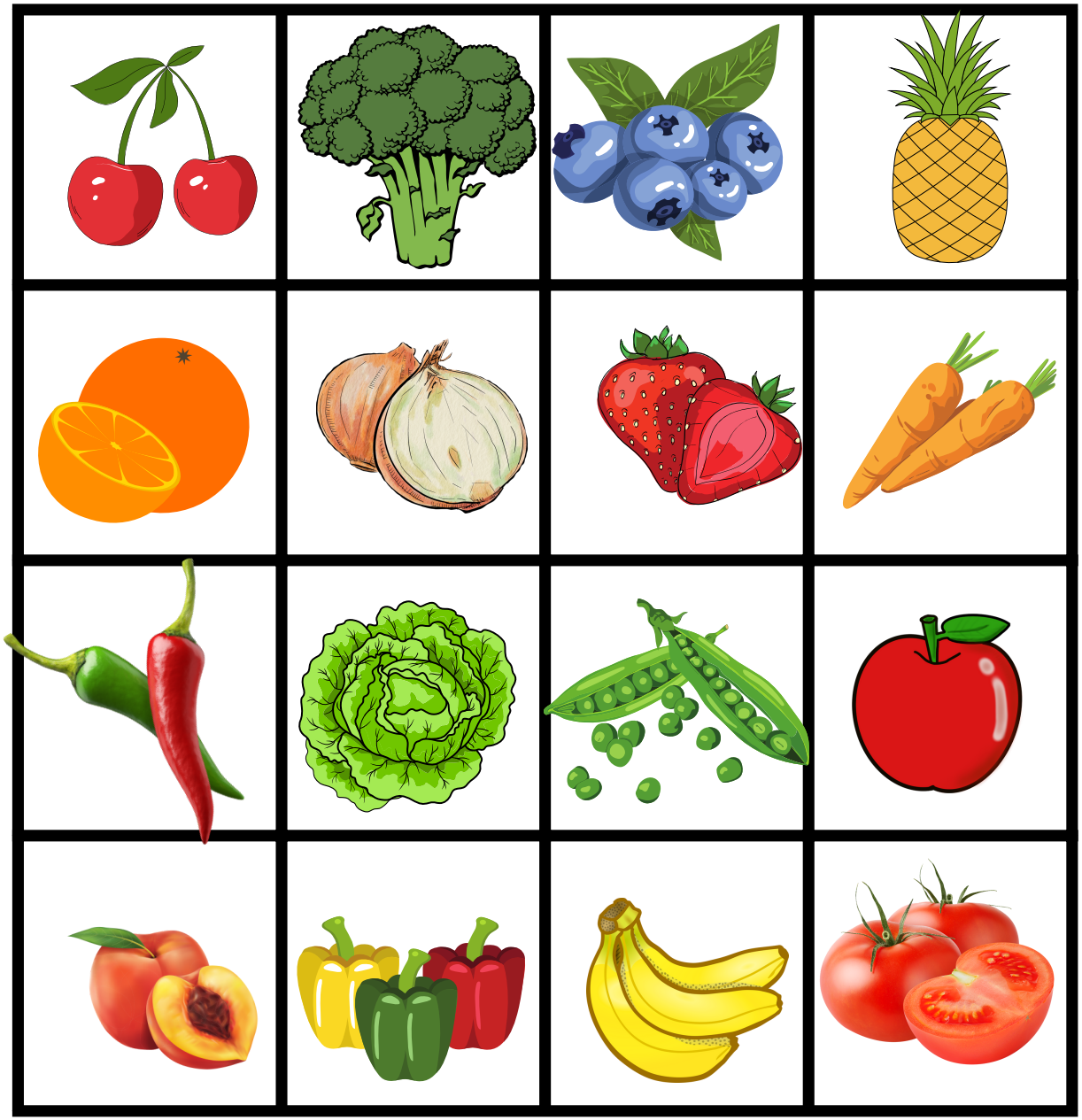
# HEALTHY EATING BINGO



As you try to get your fruits and veggies in, make it fun!
Challenge yourself to try new things by playing this Bingo game!
Mark the picture on the bingo card of the fruits and veggies you eat during the week.
Try and get a BINGO!!

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# I can eat the Rainbow!!

DIRECTIONS: Draw or glue pictures of fruits and vegetables you ate this week (or plan to eat) for each color

RED

YELLOW

BLUE

GREEN

ORANGE

PURPLE

# HYDRATION RESOURCES

# Hydration

**Water is another important fuel for sports and for life.** Drinking the right amount of water is important for your health and can also help your athletic performance.

## Your goal with FIT 5 is to drink 5 bottles of water every day!

*Your bottle should be 16-20oz or 500-600ml*

**TIP:** Drink out of a sports water bottle to track your Fit 5. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

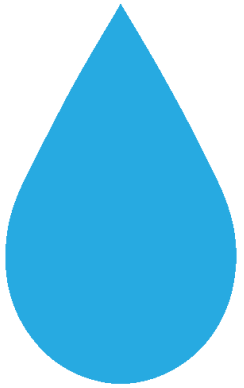
# Signs of Dehydration

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. **This is called dehydration.**

## 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

**Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?**



# HYDRATION

**MY GOAL:**
Drink enough water throughout the day to stay hydrated

Special Olympics Health
Made possible by Golisano Foundation

CDC
Centers for Disease Control and Prevention

## 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

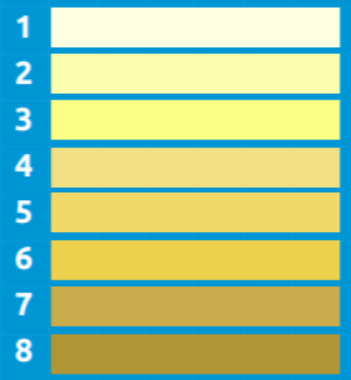
**Water is the best choice for hydration!**

## 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




**Hydrated**
Keep up the good work!

**Dehydrated**
Drink water.

**Very Dehydrated**
Drink water. See a doctor, if your urine continues to stay this color

The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

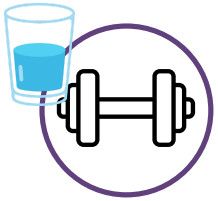
# Staying hydrated is so important!

Make sure you are drinking water throughout the day

## Today I will drink water:

When I wake up in the morning to flush out toxins and jumpstart my digestion.

Before each meal to support healthy digestion.



Before, during, and after vigorous exercise for optimal performance and to replenish lost fluids.

One hour before bed to keep me hydrated while sleeping.

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# STRONG MINDS RESOURCES

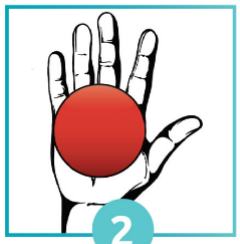
## STRESS AND YOU

Exercise 1

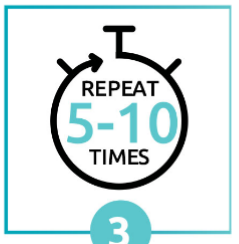
### Goal

Use a stress ball to help you feel better when you are stressed.

Squeeze the ball for **3 seconds**.




Release the ball **slowly**.




Repeat **5 to 10 times** for **1 minute**.

## STRONG MESSAGES

Exercise 2

### Goal

Use positive messages to improve our confidence and ability to handle stress.

### Positive Thoughts

CLICK TO WRITE YOUR OWN POSITIVE THOUGHTS

# STRONG BREATHING

Exercise 3

## Goal

Use deep breathing as a tool anytime and anywhere to help ourselves feel better when we are nervous or stressed.

### Deep Breathing

**DEEP BREATHING**

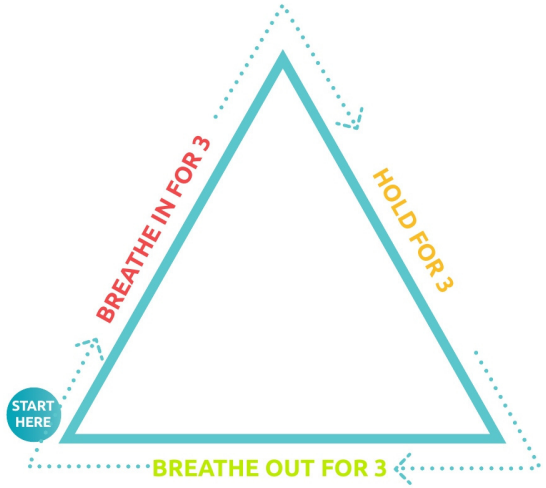
Pretend you are smelling a flower by **breathing in through your nose slowly**

Pretend you are **blowing out a candle slowly**

### Triangle Breathing

**TRIANGLE BREATHING**

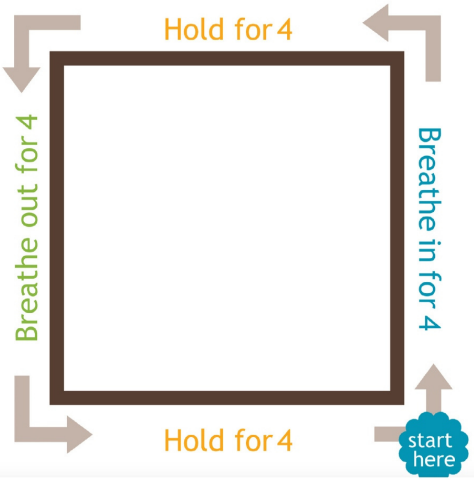
Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.




### Square Breathing

**SQUARE BREATHING**

Start at the bottom right of the square and follow the arrows around the whole square to complete one deep breath.



# STRONG STRETCHING

Exercise 4

## Goal

Use stretches to help release tension from stress to make our minds and bodies feel better.

### Trunk Release

STRONG STRETCHING

## TRUNK RELEASE

1. While sitting, straighten your arm and lean to the opposite side. Support yourself with the other arm.
2. Hold this stretch for 30 seconds while you breath deeply.
3. Switch sides and stretch your other arm.

### Seated Rotation Stretch

STRONG STRETCHING

## SEATED ROTATION STRETCH

1. Sit tall on the floor with your legs straight out in front of you.
2. Cross your right leg over your left leg and put your right foot on the floor close to your left knee.
3. Turn your upper body towards your right side using your right arm to help you sit tall and your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.

**Modified stretch (chair):**
Put both legs down and reach both arms to the right base of the chair. Turn your head and body to the right. Repeat on left side (as pictured).

Hold this stretch for at least 30 seconds, then switch sides.

### Shoulder Internal Rotation

STRONG STRETCHING

## SHOULDER INTERNAL ROTATION

1. Hold onto a towel with one arm behind your neck and your other arm behind your back.
2. Pull the opposite end up on the towel with the up per arm, as pictured, to stretch the lower arm.
3. Do this stretch so that it pulls, but never hurts.

Hold this stretch for at least 30 seconds.

# STRONG STRETCHING

Exercise 4

## Goal

Use stretches to help release tension from stress to make our minds and bodies feel better.

Butterfly

STRONG STRETCHING

## BUTTERFLY

1. Sit tall on the floor with the soles of your feet together, knees bent out to sides.
2. Hold onto your ankles or feet, engage your abdominals, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor.
3. If you're too tight to bend over, simply press your knees down.

Hold this stretch for at least 30 seconds.

Sphinx Pose

STRONG STRETCHING

## SPHINX POSE

1. Lie on your stomach with your legs straight out behind you.
2. Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
3. Press your hips and thighs into the floor and think about lengthening your spine while keeping your shoulders relaxed.
4. Sit up just enough to feel a nice stretch in your lower back.

Hold this stretch for at least 30 seconds.

Knee to Chest Pose

STRONG STRETCHING

## KNEE TO CHEST STRETCH

1. Lie on your back with both legs extended.
2. Pull your right knee into your chest while keeping the left leg straight and your lower back pressed into the floor.
3. Hold for 30 seconds to 2 minutes.
4. Repeat on the other leg.

Hold this stretch for at least 30 seconds.

# STRONG SUPPORTING

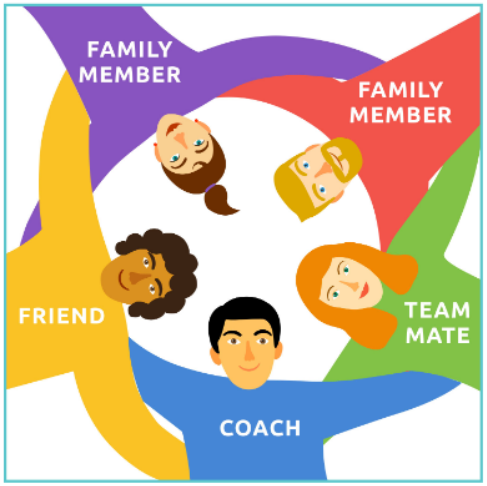
Exercise 5

## Goal

Identify people that support you or that you support. Kindness has health benefits and makes the world a less stressful place.

## Who supports you?

Who makes you **feel happy and strong?**




## How do you support others

How do you show **kindness?**

1. Family Members: Help someone with a chore.
2. Teammate: Cheering on your teammates.
3. Friend: Write a nice note to a friend.
4. Coach: Help clean up equipment after practice.

Special Olympics New Mexico

# 4-7-8 BREATHING

## DEEP BREATHING FOR RELAXATION AND STRESS RELIEF

To begin, exhale to expel all the air in your lungs. Touch your tongue to the roof of your mouth just behind your top teeth, then:

**THE 4:** close your mouth and quietly breathe in through your nose for a count of 4

**THE 7:** hold your breath for a count of 7

**THE 8:** exhale through your mouth for a count of 8 (allow your breath to make sound as it comes out)

Repeat the 4-7-8 steps for a total of 4 cycles

Special Olympics New Mexico

# GRATITUDE WORKSHEET

Name:

Date:

**I am thankful for...**

**Write down 5 things you are thankful for.**

**Sending Love...**

**List 3 people you are thankful for.**

**Today was...**

**Choose one thing about today that made you happy.**

**Draw it!**

**Draw something silly you are grateful for!**

**I Love Myself!**

List three things you love about yourself!

# Congratulation for completing the SONM Fit 5+ Strong Minds Challenge

You did it!
If you filled out your tracker for all 6 Weeks, tracking your daily Exercise, Water, Nutrition, and Strong Minds Exercises, you have completed the challenge!

Email victoria@sonm.org to get your prize!

Special Olympics New Mexico