



SONM Fit 5 + Strong Minds Challenge



***Special
Olympics***
New Mexico



EXERCISE

5

days a week



EAT

5

total fruits and
vegetables per day



DRINK

5

water bottles
per day

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.



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!



Exercise with a friend or group



Take the lead at practice



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.



Exercise with a friend or group



Take the lead at practice



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.