

Fitness and Nutrition

RALEIGH RACERS SPECIAL OLYMPICS SWIM TEAM



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

Food and Nutrition

Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!



Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**



Building a Healthy Plate



Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.



Watch the amounts of food you put on your plate. See the Perfect Portion page.

Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

Keep snacks healthy and small.

Who can build a healthy plate?

COMPETITION



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

Snack Examples?

WHICH ARE HEALTHY

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

Unhealthy snack ideas



Chips



Pizza



Candy



Ice cream



Popcorn

Which is a healthier snack?



1



2



Which is a healthier choice?

White Bread



100% Whole Wheat Bread



Winner

Which bar is healthier?

	Twix	Kind Bar
Saturated Fat	11g	1.5g
Sugar	28g	8g
Protein	2.8g	4g

1



2



Which is a better snack?

1



2



Which is a better choice?

1



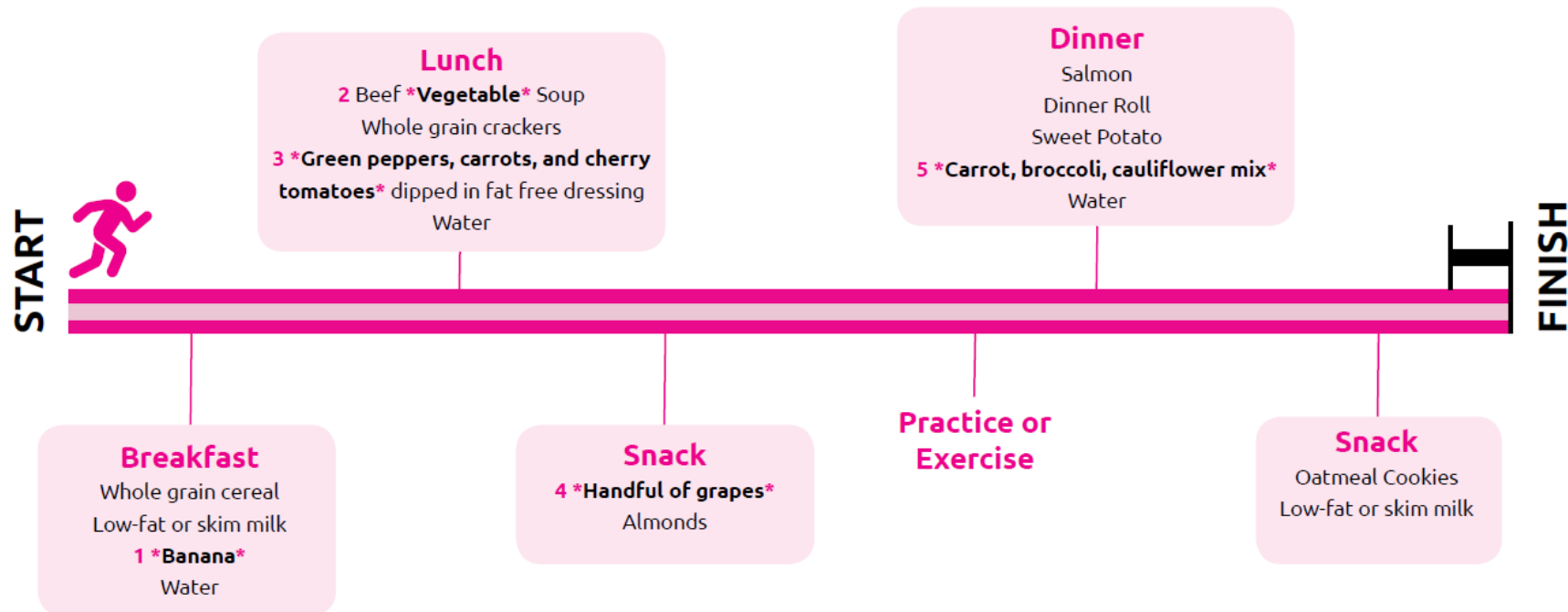
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Reach Your Fit 5 Nutrition Goal



It's easy to eat 5 fruits and vegetables in one day. Follow this sample meal plan and see how easy it is to reach your goal.



With healthy meals and snacks, it's easy to get your FIT 5! Try your own meal and snack combinations from this guide and you can reach your goal every day.

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.

How much is 16oz?

16.9oz



16oz



24oz



16oz

Signs of Dehydration



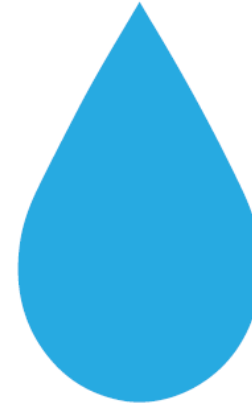
Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well.

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

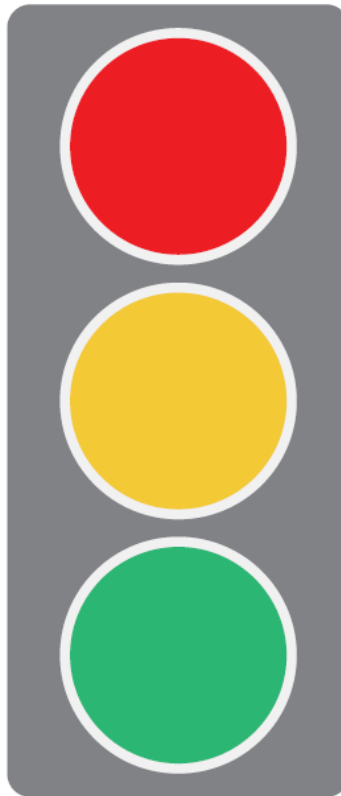
Did you know that dehydration of 1-2% of your body weight can decrease your sports performance?



Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



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

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



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

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



Water is the best choice for a beverage!

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



How much sugar is in your drink?

HYDRATION GAME

Which is a better choice? Why?



1



2

Winner

Which is a better choice? Why?

1



2



Which is a better choice? Why?



1



2



When should you drink Gatorade G2?

When it is OK

- When you are working out very hard
 - Heart beating really fast
 - Sweating
- When it is hot outside and you are playing sports or working
- When you are dehydrated

When is it NOT OK

- When eating breakfast, lunch or dinner
- Just because you are thirsty

Why???



What is a good replacement for soda?



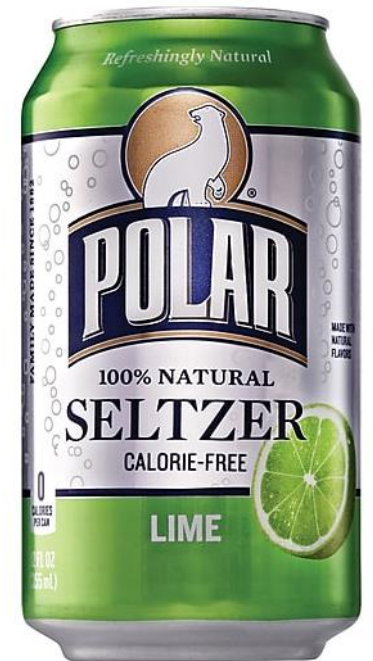
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Infused water (cucumber, lemon, orange, etc)



Seltzer Water



Reach Your Fit 5 Hydration Goal



Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.



Exercise

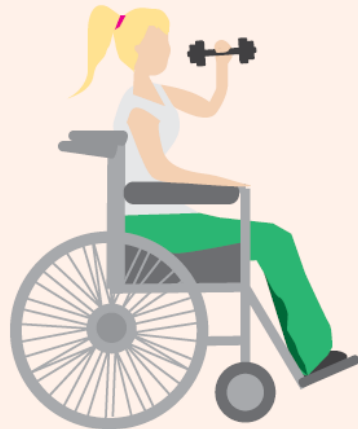
You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

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

Types of Exercise:



ENDURANCE



STRENGTH



FLEXIBILITY



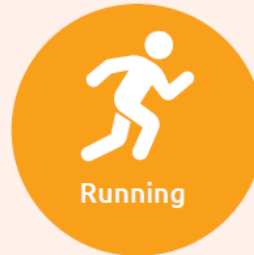
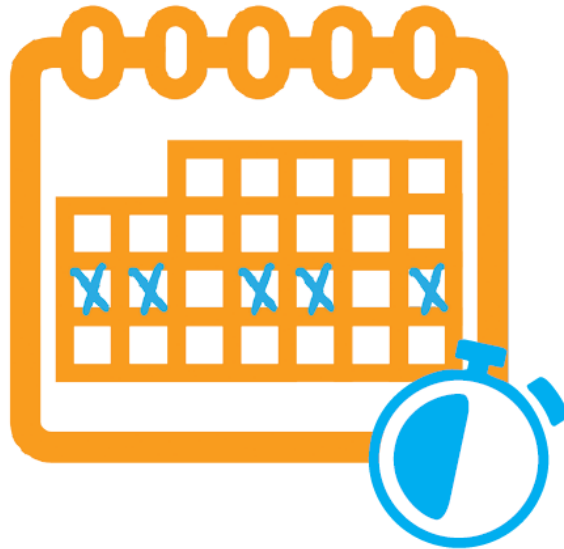
BALANCE

Endurance

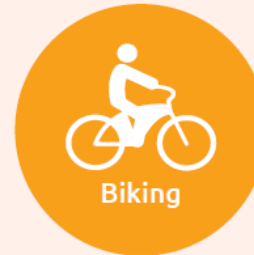


Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

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



Running



Biking



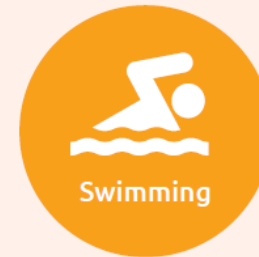
Dancing



Brisk
Walking



Aerobics
Classes



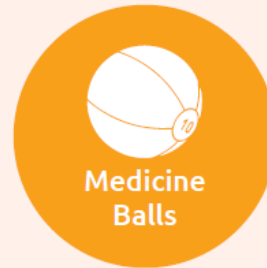
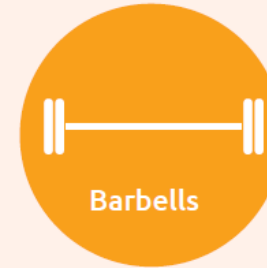
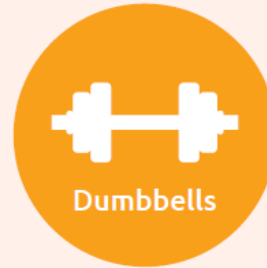
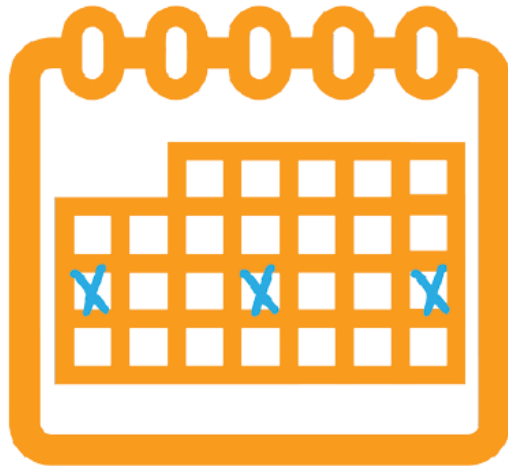
Swimming

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.

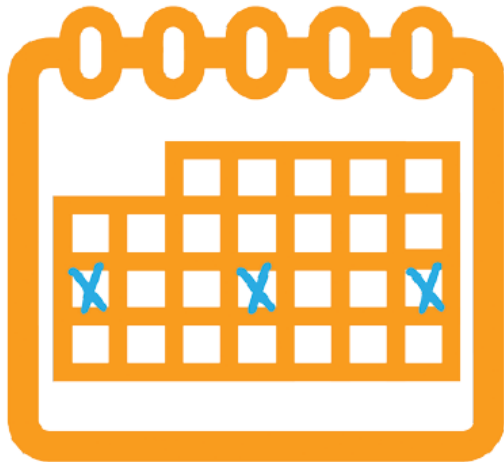


Flexibility



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!



Resources



Check out these great websites to learn more about exercise, nutrition, and hydration!

NCHPAD.org

This website has lots of health resources for people with disabilities. They have articles, videos, and even workout plans.

- For a beginner exercise program visit: <http://www.nchpad.org/14weeks/>
- For advanced exercisers, try the Champion's Rx program: <http://www.nchpad.org/CRx>

ChooseMyPlate.org

This website has it all! Learn how many servings of each food group you need, track your eating to see if you are eating healthy, and even find links to healthy recipes

EatRight.org

This website also has loads of nutrition information, healthy recipes, and even a section to find a dietitian in your area

Heart.org (Click on the heading, "Getting Healthy")

The American Heart Association has great resources for leading a healthy lifestyle, including a nutrition center with tons of recipes and cooking videos for heart-healthy recipes.

Diabetes.org (click on the heading, "Food & Fitness")

The American Diabetes Association has lots of great articles for people who have diabetes. There are also many diabetes-friendly recipes!