

## *Fitness, Strength and Sport Training*

Staying physically fit is very important to being a good athlete. To excel at your sport you have to make healthy choices in your lifestyle.

Fitness is a big part of this new program, and will be an important part of your training season.

Here is a list of things you can do to increase your physical fitness everyday!

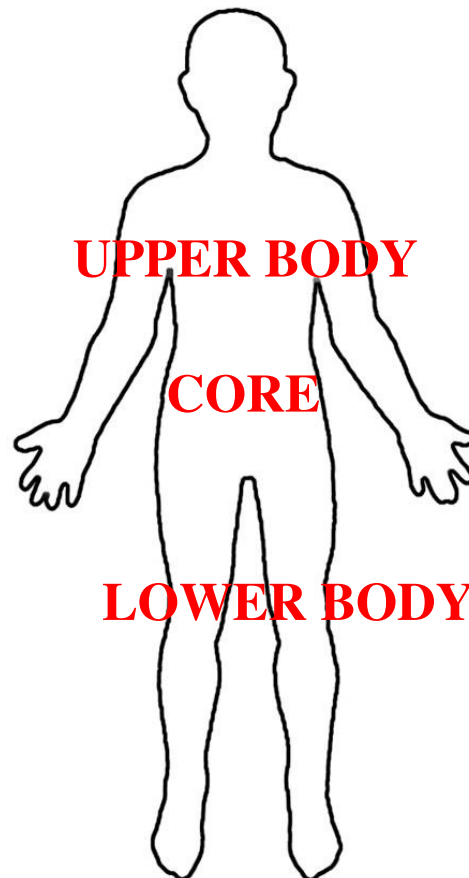
1. Attend the weekly fitness night in your local
2. Take the stairs instead of the elevator
3. Ride your bike to work or school or your friends house
4. Get off the bus a few stops early and walk the rest of the way.
5. When exercising, drink a lot of water.


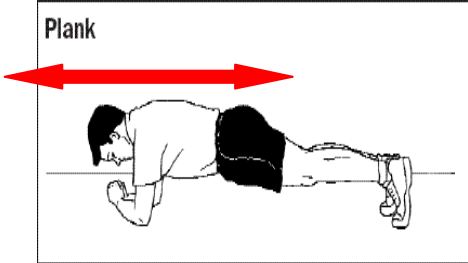
There is a place on your daily diary sheet to cross off any physical exercise you have done in one day. Make sure you work at increasing the amount of physical activity you do each day!





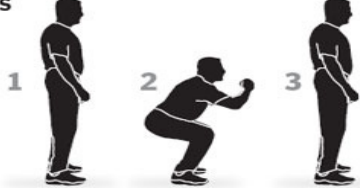
## ***Fitness You Can Do At Home!***

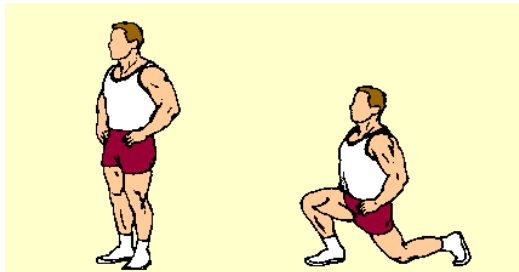

- We at Provincial Office challenge YOU to do at least one of these exercises every day.
- You can do them at home, at your friend's house, or at practice. You can even teach them to your friends!
- This program is designed for you to improve your physical fitness and start to live a healthier life.
- If something is confusing, just ask your coach, parents, sister or brother.
- These exercises are important to building the muscle in the different parts of your body. The major places we work are the CORE, UPPER BODY, LOWER BODY, and then we do CARDIO to work our HEART.




Name	What You Need	How To?	Picture
<b>CORE BODY EXERCISES</b>			
Sit Ups	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Lie down on the floor with your knees bent</li> <li>- Curl your hands behind your head.</li> <li>- Use your stomach to pull your body up towards knees</li> <li>- Do Not tuck your feet under any object</li> <li>- Focus on using your stomach muscles to move.</li> <li>- Do 10 sit ups and repeat 3 times.</li> </ul>	
Plank	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Lie down on the floor in a push up position.</li> <li>- Move your arms forward so you are leaning on your elbows.</li> <li>- Curl your toes so the bottoms of your shoes or feet are touching the ground.</li> <li>- Pull body up and hold in this</li> </ul>	

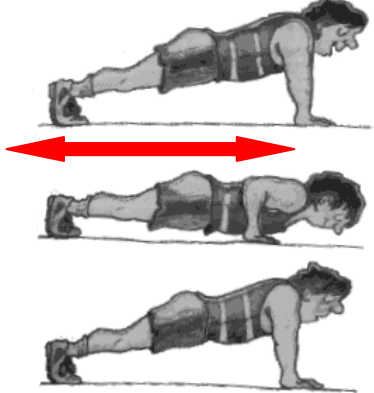
		<p>position as long as you can.</p> <ul style="list-style-type: none"> <li>- Repeat 4 times.</li> </ul>	
Agility	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Use a line on the floor, or put some tape on the floor to make a line.</li> <li>- With 2 FEET jump back and forth over the line for 30 seconds.</li> <li>- Take a break and then repeat 3 times.</li> </ul>	
Superman's	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Start on your hands and knees.</li> <li>- Lift your RIGHT arm and LEFT leg at the same time.</li> <li>- Count to FIVE.</li> <li>- Put the arm and leg down.</li> <li>- Lift your LEFT arm and RIGHT leg.</li> <li>- Count to FIVE</li> <li>- Put the arm and leg down.</li> <li>- Repeat this 10 times.</li> <li>- Take a rest.</li> <li>- Do this exercise 3 times.</li> </ul>	

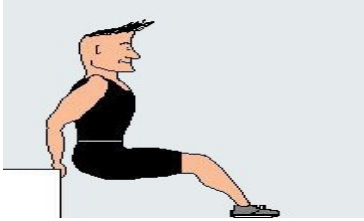
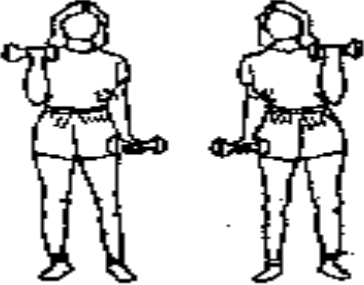

Back Extensions	Floor space (indoor)	<ul style="list-style-type: none"> <li>- Start lying on your stomach</li> <li>- Place arms out in front of your body</li> <li>- Lift arms and legs off the floor and hold for 10 seconds.</li> <li>- Do this exercise 3 more times.</li> <li>- Once 10 seconds is too easy, add more time, see how long you can hold this position.</li> </ul>		
<b>LOWER BODY EXERCISES</b>				
Long Jumps	Gym, outdoor space (soft ground like grass)	<ul style="list-style-type: none"> <li>- Stand with 2 feet on the ground.</li> <li>- Swing your arms and jump forward with both feet as far as possible.</li> <li>- Jump 9 more times in a row, forward.</li> <li>- Stop and rest.</li> <li>- Repeat 3 more times.</li> </ul>		
Squats	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Stand straight up and bend your knees like you were going to sit into a chair.</li> <li>- Make sure your knees do not go beyond your toes.</li> </ul>	<p style="text-align: center;"><b>SQUATS</b></p> 	

		<ul style="list-style-type: none"> <li>- Push up with your leg and bum muscles.</li> <li>- Repeat 10 times and take a break.</li> </ul>	
Front Lunges	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Start standing with hands on hips, legs together.</li> <li>- Take 1 step forward and drop your knee (like the picture).</li> <li>- Push back to starting position.</li> <li>- Repeat with the other leg.</li> <li>- Do 10 for each leg.</li> <li>- Take a rest</li> <li>- Repeat 3 times.</li> </ul>	
Side Lunges	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Place hands on hips, feet together.</li> <li>- Move one leg out and to the side, bend knee.</li> <li>- Push back to starting position.</li> <li>- Move the other leg out to the side, bend knee.</li> <li>- Push back to starting position.</li> <li>- Repeat each leg 10 times.</li> <li>- Take a rest.</li> <li>- Repeat 3 times.</li> </ul>	




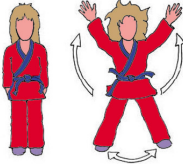
Calf Raises	<p>1. Floor space 2. Chair, table, or something else to hold on to.</p>	<ul style="list-style-type: none"> <li>- Stand facing the chair, holding the back for support.</li> <li>- Lift your heels off the ground and stand on your tip toes.</li> <li>- Drop your heels and stand normally again.</li> <li>- Repeat this 20 times, then take a break.</li> <li>- Do this whole set 3 more times.</li> </ul>	
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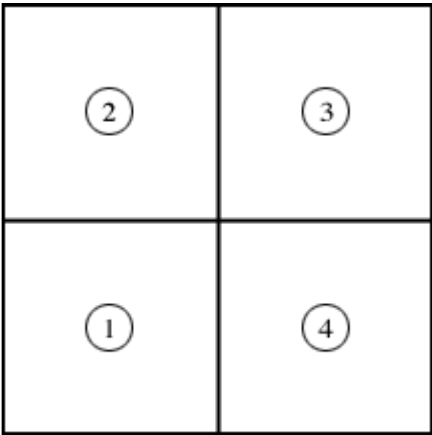
### UPPER BODY EXERCISES

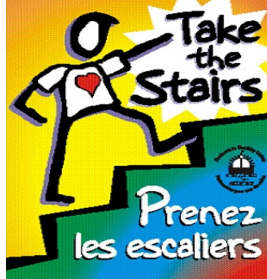

Push Ups	<p>Floor space (indoor or outdoor)</p>	<ul style="list-style-type: none"> <li>- Lie on the floor with your toes curled, and hands flat under your chest.</li> <li>- Keep your back straight.</li> <li>- Push all the way up so your arms are straight.</li> <li>- Then let yourself come down, almost to the floor.</li> <li>- Repeat as many times as you can (up to 30) and then rest.</li> <li>- Do this 3 more times.</li> </ul>	
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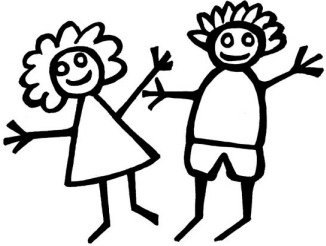

Tricep Dips	Couch OR bench OR chair.	<ul style="list-style-type: none"> <li>- Use a chair or bench to hold you body up.</li> <li>- Place your feet on the floor (like the picture).</li> <li>- Let your bum sink down and then push back up with your arms.</li> <li>- Keep back straight.</li> <li>- Do 10 reps.</li> <li>- Take a break</li> <li>- Repeat 3 times.</li> </ul>	
Bicep Curls	<ol style="list-style-type: none"> <li>1. Soup Can</li> <li>2. Floor space</li> </ol>	<ul style="list-style-type: none"> <li>- Take 2 cans of soup and hold them in your hands.</li> <li>- Bend one arm towards your face with the can.</li> <li>- Let it go back to your side, while bending the other arm.</li> <li>- Repeat 10 times for each arm.</li> <li>- Take a break.</li> <li>- Repeat 3 more times.</li> </ul>	
<b>AEROBIC EXERCISE</b>			
Walking	Shoes!	<ul style="list-style-type: none"> <li>- To get proper exercise you must work hard!</li> <li>- Walk for at least 30 MINUTES, EVERY DAY!</li> </ul>	
<b>Pick 1 of SWIMMING, CYCLING and RUNNING per day.</b>			



Swimming	1. Bathing Suit 2. Access to a swimming pool	<ul style="list-style-type: none"> <li>- If you are going to swim, make sure it is for at least 30 MINUTES!</li> </ul>	
Running	1. Running Shoes 2. Exercise clothes.	<ul style="list-style-type: none"> <li>- If you are going to do cardio, you must do 30 MINUTES of it.</li> <li>- If you can't run for 30 MINUTES straight, that is OK.</li> <li>- Walk some, run some. Do as much running as you can in 30 minutes.</li> </ul>	
Cycling	1. Stationary bike or your own bike.	<ul style="list-style-type: none"> <li>- To get proper exercise, you must do the activity for AT LEAST 30 MINUTES.</li> </ul>	
<b>OTHER AEROBIC ACTIVITES YOU CAN DO AT HOME</b>			
Jumping Jacks	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- Spend 1 minute doing jumping jacks.</li> <li>- Take a break.</li> <li>- Do this 3 more times.</li> </ul>	

High Knees	Floor space (indoor or outdoor)	<ul style="list-style-type: none"> <li>- On the spot run or walk with your knees coming up as high as you can.</li> <li>- Do 20 reps and take a break.</li> <li>- Repeat this 3 more times</li> </ul>	
Heel Flicks	Open space	<ul style="list-style-type: none"> <li>- Similar to high knees.</li> <li>- On the spot run with your heels coming up towards your bottom.</li> <li>- Use your arms for momentum.</li> <li>- Do 20 reps, and then take a break.</li> <li>- Repeat this 3 times.</li> </ul>	
Hop Drill	1. Open space (indoor or outdoor) 2. Tape	<ul style="list-style-type: none"> <li>- Place a piece of tape on the floor to make a line.</li> <li>- Place another piece across it to make a + sign</li> <li>- Begin jumping back and forth over one line.</li> <li>- Once you get comfortable with this, jump side to side, AND forward and backward.</li> <li>- Once you get comfortable with these movements, you can go: side to side, front to back, and diagonally – Make</li> </ul>	 <p>FOUR SQUARE PLYOMETRIC PATTERN</p>

		<p>up your own exercises!</p> <ul style="list-style-type: none"> <li>- Do these exercises for 10 – 15 minutes. Your heart should be pumping, and you should get warm. That is when you have worked hard enough.</li> </ul>	
<b>HEALTHY LIFESTYLE CHOICES</b>			
STAIRS		<ul style="list-style-type: none"> <li>- Each chance you get to take stairs, choose them!</li> <li>- If you do small things all the time, you see big changes.</li> <li>- Challenge your family and friends to TAKE THE STAIRS</li> </ul>	
WALK		<ul style="list-style-type: none"> <li>- Walk around town</li> <li>- Don't get a drive, just walk!</li> <li>- Walking is EXCELLENT exercise, and a great way to burn some of the calories you ate today.</li> </ul>	

<p>ONCE per Day Rule</p>		<ul style="list-style-type: none"> <li>- Challenge yourself to the “Once Per Day Rule”</li> <li>- See if you can make your heart beat hard once each day.</li> <li>- By taking the stairs, or walking to the bus, you can make it a part of your day.</li> </ul>	<p style="text-align: center;">1</p>
<p>PLAY A GAME</p>		<ul style="list-style-type: none"> <li>- Play a game of hockey or basketball with your friends</li> <li>- Instead of playing games on the computer or television, get outside and play an ACTIVE game.</li> </ul>	
<p>SPORTS</p>		<ul style="list-style-type: none"> <li>- Play Sports</li> <li>- Get involved with other sports in your neighborhood not just Special Olympics sports!</li> </ul>	

CHORES

- Take out the garbage
- Take out the recycling
- Collect household garbage
- Clean the bathroom
- Clean the kitchen
- Vacuum the carpets
- Wash the windows
- Wash the floors



**My Favourite New Exercises:**

Body Part	How to do it?

