



UNIFIED
FITNESS CLUBS



Special Olympics
Indiana

Lessons for Life



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION



These weekly nutrition, fitness, and wellness lessons will help your athletes learn about their physical health and improve their health literacy. Lessons can be adapted and changed to fit the unique needs of your club!


The  icon indicates a great opportunity to incorporate your unified partners in the Lessons for Life. Have each team help present a topic or have multiple teams work together to present. These lessons are highly customizable, so do what works best for your club and athletes!

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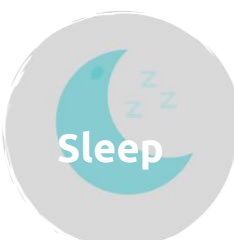
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Sun Safety





Today we are talking about sun safety. Practicing sun safety is important to prevent sunburns and skin cancer. If we are in the sun for too long, we can be at risk for heat stroke and heat exhaustion. Our bodies make vitamin D from sun exposure, but too much sun exposure is not good.



Talk Point: Has anyone been out in the sun recently?



Using more than one sun safety method is best for protecting our skin. Try using multiple ways to protect your skin:

- Wear a hat, sunglasses, and protective clothing to keep the sun off your skin and out of your eyes
- Use sunscreen that is at least SPF 15
- Reapply sunscreen at least every 2 hours, or after swimming, sweating, or toweling off
- Exercise in the shade, especially in the middle of the day when the sun is the strongest

Talk Point: How do you protect your skin from sunburns?



Talk Point: How can our club practice sun safety?

Tips:

- Make sure sunscreen is not expired
- Choose waterproof or water-resistant, broad-spectrum sunscreen
- You can get a sunburn even when it is cloudy
- Avoid tanning beds
- Listen to your body. If you are too hot, it's time to get out of the sun and cool down

Talk Point: What is one thing that you learned?



- If it is sunny outside, have your athletes stand in the sun and describe how it feels. Is it hot? Warm? Is it hard to see? Does it feel good? Too hot? What is their favorite weather?
- Get two pieces of colored construction paper (black or blue works well). Put one in the sun with nothing covering it and one in the sun but covered by a layer of clothing. Leave them in the sun during your physical activity, then check on them. Ask athletes what differences they see. Is one lighter than the other? How can they use this information to protect themselves from the sun?



Bring different bottles of sunscreen to show athletes. Give each unified partner team a bottle and ask them to find the expiration date, whether it is waterproof/resistant, and the SPF number. Have each unified team share this information with the group.



**Too much sun
exposure is not
good for our
skin.**

**Use broad spectrum,
SPF 15+,
waterproof
sunscreen.**

**Use more than one sun
safety method
to get the
most sun
protection.**



Sun Safety:

- Wear a _____, sunglasses, or protective clothing
- Use sunscreen that is at least _____ SPF
- Reapply sunscreen at least every _____ hours, or after swimming, sweating, or toweling off.
- Exercise in the shade, especially in the _____ of the day when the sun is the strongest.

Key Takeaways:

1. Too much sun exposure is not good for our skin
2. Use broad spectrum, 15+ SPF, waterproof sunscreen that is at least 15 SPF.
3. Use more than one sun safety method to get the most sun protection.

1. Sunscreen should be at least: (circle one)

15 SPF

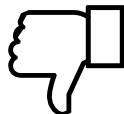
4 SPF

2. I thought this lesson was

Good



Not good



Unsure

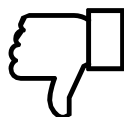


3. I will use the information I learned to stay safe in the sun

Yes



No



Unsure



Fruits & Vegetables






Today we will be talking about fruits and vegetables. Fruits and vegetables give us vitamins and minerals that our bodies need. Vitamins and minerals help our bodies stay healthy, grow, heal cuts and scrapes, and build muscle. The USDA recommends eating 5 or more servings of fruit and vegetables per day.

 Talk Point: What is your favorite fruit? What is your favorite vegetable?

Fruits and vegetables taste good! They make a great snack that can fuel us during exercise and keep us moving! They give us water that can help keep us stay hydrated, and fiber that can help us feel full longer.

 Talk Point: How can you eat more fruits and vegetables?

-  Tips to eat more fruits and vegetables:
- Make half of every plate vegetables and fruits.
 - Include fruits at breakfast. Add berries to oatmeal, or make a smoothie!
 - Add vegetables like carrots, cucumber, or peppers to salad to give it some crunch.
 - Add lettuce, tomato slices, and other veggies to sandwiches.
 - Pack cut up fruits and veggies for snacks on the go.

Talk Point: How can you use this information to eat more fruits and veggies?



Goal Setting: The USDA recommends eating 5+ servings of fruits and vegetables per day. Help athletes reach this goal by setting a goal for the week. This is a great opportunity for unified fitness teams to work together to set a goal and keep each other accountable. Good goals are specific, have a time frame, and are achievable. Sample goals might include:

Eat fruit with breakfast 3 days this week

Try 1 new fruit and 1 new vegetable this week

Eat a salad with dinner 2 times this week



Draw a Plate: Give each athlete (or unified partner team) a piece of paper and something to write or draw with. Have them draw a circle for a plate. Have them draw a line down the middle to split the plate into two halves. Remind them that half of their plates should be fruits and vegetables. Have them draw fruits and vegetables on half of their plate. After everyone is done, have each athlete or team share their plate with the group.

- If time allows, you can also bring food magazines and have athletes and teams cut out fruits and vegetables and glue them on their plates
- If available, paper plates work well for this activity. Have the athletes and teams draw (or glue) directly on the paper plates!



**Vegetables give your
body vitamins,
minerals,
and energy.**

**Eat fruits and
vegetables at
every meal.**

**Pack fruits and
vegetables to eat
during physical
activity.**



Fruits and Vegetables:

- Fruits and vegetables give us _____ and minerals that help us grow and heal
- Fruits and vegetables also give us _____ and water that keep us full and hydrated.
- I can add fruits and vegetables to my day by

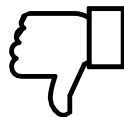
Key Takeaways:

1. Vegetables give your body vitamins, minerals, and energy.
2. The USDA recommends eating _____ fruits/veggies per day.
3. Eat fruits and vegetables at every meal.
5 or more 22 or more 10 or more
4. Pack fruits and vegetables to eat during physical activities.
5. I thought this lesson was

Good



Not good



Unsure



6. I will use the information I learned to eat more fruits and vegetables

Yes



No



Unsure




Hydration





Water is important for our bodies to work. We lose water when we sweat and when we breathe. It is important that we replace the water we lose, especially while exercising. Not having enough water in our bodies is called dehydration. Drinking water before, during, and after exercise can prevent dehydration.

 Talk point: How do you feel when you don't drink enough water?

 Some symptoms of dehydration include:

- Feeling thirsty
- Feeling tired or sluggish
- Having a dry mouth
- Headaches
- Having dark yellow or brown urine

 Talk Point: How can we drink more water during exercise?

 Tips:

- Try to drink at least one water bottle during exercise
- Get a reusable water bottle
- Encourage friends and teammates to drink water during fitness activities and sports
- Avoid drinking too much water at once during exercise. This can cause stomach aches. Drink sips throughout exercise instead of drinking large amounts at once.
- Water can come from foods too! Foods with a lot of water include fruits, vegetables, soups, and smoothies.

Talk Point: What is one thing you will change after today's lesson?



Have athletes show their water bottles to the group. Compare sizes, shapes, colors, stickers, and types. Alternatively, have unified partner teams share their partner's water bottle and what their partner does to stay hydrated.



Think-Pair-Share: Have unified partner teams pair up and come up with ways to incorporate more water into their day. Have each team share what they came up with. Some ideas include water with meals, eating foods with higher water content (fruits, vegetables, etc.), keeping a water log, etc.



**Water is important
for our bodies to
work.**

**Drink water during the
day to avoid
dehydration.**

**It is important to drink
water before,
during, and
after exercise.**



Hydration:

• Not drinking enough _____ can cause dehydration.

• Dehydration can make me feel:

• I should drink water before, during, and _____
exercising or playing sports.

Key Takeaways

1. Dehydration happens when we (circle one)

- Don't drink enough water
- Listen to music too loud

2. Drink water during the day to avoid dehydration.

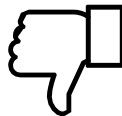
3. It is important to drink water before, during, and after exercise.

4. I thought this lesson was:

Good



Not good



Unsure



5. I will drink more water after participating in this lesson

Yes



No



Unsure



Tobacco Avoidance





Did you know that people who don't use tobacco have more oxygen in their bodies? Today we are talking about tobacco avoidance. Tobacco is also expensive! In Seattle, Washington, one pack of cigarettes costs around \$10! Secondhand smoke means inhaling smoke from other's cigarettes. It is also important to do our best to avoid secondhand smoke. By avoiding tobacco, you can walk or run faster and further.



Talk Point: Have you ever experienced secondhand smoke? Where were you and how did it make you feel?



Tobacco products increase your risk for:

- Heart and lung disease
- Tooth loss and decay
- Cancer
- Bone fracture



Talk point: What are some ways you can avoid smoking and secondhand smoke?

Tips:

- Decide to have a smoke-free home and car.
- Choose to go to parks and places that are smoke-free.
- Leave the room if someone is smoking. Say "I am an athlete and fresh air helps me perform my best"
- Talk to your doctor about quitting tobacco products if you use them
- Support friends and family as they try to quit smoking

Talk point: What did you learn from this lesson? How will you change the ways you act and the places you go?



Think-pair-share. Have small groups or unified partner teams think about and discuss ways they can avoid tobacco and secondhand smoke. Have each team share their ideas.



Role Play: Sometimes, kids, teens, and adults are offered tobacco products. It can be helpful to have a response ready if this happens. Have unified partners or small groups role play offering each other tobacco products, and practice responses. Share response ideas with the group.

- “I am an athlete and not smoking helps me perform better”
 - “I do not want to spend my money on tobacco products”
 - “It is important for me to stay healthy, so I don’t smoke”
 - “No, thanks”
 - “I have to go, see you later!”
 - “I’m trying to avoid secondhand smoke for my lungs. Could you smoke that later?”
- Show athletes pictures of different tobacco products (see next page). They might be surprised to know that vapes and juuls are considered tobacco products! Share that all tobacco products are addictive, bad for their lungs, and should be avoided.



Vape Pen



Juul



Cigarettes



Cigars



Smokeless Tobacco (chew)



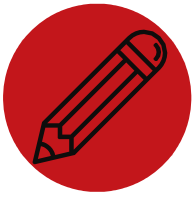
Hookah



**People who do not use
tobacco products
can live more
active lives.**

**Avoid tobacco products
and secondhand
smoke to
stay healthy.**

**Know what to say
when someone offers
tobacco
products.**



Tobacco Avoidance:

- When I avoid tobacco, I can live a more _____ life.
- Tobacco increases my risk for heart and lung disease, tooth loss and decay, cancer, and _____ fracture.
- I can avoid secondhand smoke by going to parks and places that are _____-free.

Key Takeaways:

1. People who do not use tobacco products can live more active lives.
2. Avoid tobacco products and secondhand smoke to stay healthy.
3. Know what to say when someone offers tobacco products.

1. Tobacco products increase our risk for: (circle one)

Ear infections

Heart and lung disease

2. I thought this lesson was

Good



Not good



Unsure



3. I will avoid tobacco after participating in this lesson

Yes



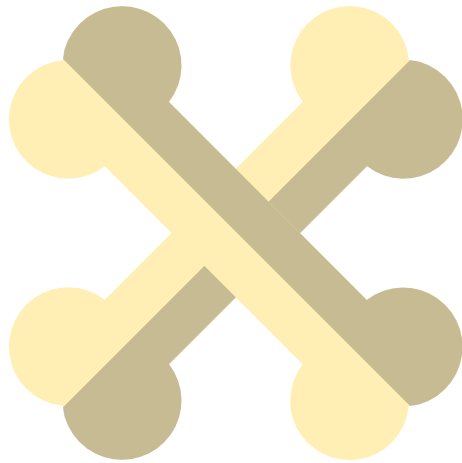
No



Unsure



Bone Health







Today we are talking about bone health. Bone health is important to have strong bones to participate in physical activity. There are many ways to build strong bones, and we will talk about some of them today. The femur (upper leg bone) is the largest bone in the body.


 Talk Point: Can anyone name another bone in their body?

Getting enough vitamin D is a great way to keep bones healthy. Vitamin D comes from the sun or from supplements. Many people take a multivitamin or calcium supplements to keep their bones healthy. Talk to your doctor about which vitamins you should be taking.

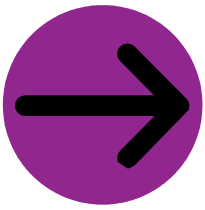
 Calcium and vitamin D can also be found in foods. Cow's milk and some milk alternatives are great sources! Calcium and vitamin D are also found in dark leafy greens, cheese, yogurt, sardines, beans, legumes, and fortified orange juice.

 Talk Point: What are some foods you like to eat that are high in calcium and vitamin D?

Another way to build strong bones is to participate in physical activity regularly. Activities like jumping, running, and weight bearing exercises are especially important for strengthening bones. The more you participate in physical activity, the stronger your bones become!

 Talk Point: What are some exercises that you like to do that help to strengthen your bones?

Talk Point: What is one thing that you will add to your routine or diet that will help strengthen your bones?



- Do some bone strengthening exercises with your athletes! Jumping, running, walking, climbing stairs, weightlifting, and dancing are great for strengthening bones!



Make a skeleton. Have small groups or unified fitness pairs trace a part of their partner's body (i.e., a leg, arm, foot, hand, etc.) and draw what they think their bones look like. Have everyone share their drawings. You can even share a picture of x-rays at the end of the activity to show what the bones look like.



Bring in empty containers of milk, milk alternatives, and other fortified drinks or foods. Have small groups or unified fitness pairs find the amount of calcium and vitamin D on each. Have each small group or pair share how much calcium, vitamin D, and other vitamins and minerals are in their product.



**Calcium and Vitamin
D can help
strengthen
bones.**

**Milk,
milk alternatives,
and dark leafy
greens have
Calcium and
Vitamin D.**

**Physical activity
helps strengthen
bones.**



Bone Health:

- Calcium and vitamin _____ are important for bone health.
- Some foods with calcium are:

- Activities like _____, running, and weight bearing exercises are especially important for strengthening bones.

Key Takeaways:

1. Calcium and Vitamin D can help strengthen bones.

2. Physical activity helps strengthen bones.

Sodium

Calcium

Healthium

3. I thought this lesson was

Good



Not good



Unsure



4. I will try to strengthen my bones after participating in this lesson

Yes



No



Unsure





Strong Minds





What does having a strong mind mean? How can we improve our mind strength? Today we will be talking about how to have strong minds.

Your body isn't the only thing you can strengthen. You can also workout your mind to make it as strong as it can be! Exercising your mind can improve focus and memory. Your brain has something called "plasticity". This means that it can change as you learn new things. Doing mind strengthening activities can ensure you brain can continue to adapt to new environments and tasks.



Talk point: How do you keep your mind sharp? Are you in school? Do you like to learn new things?



Here are some brain exercises you can practice anywhere:

- Learn something new: a new instrument, a new hobby, a new dance, or a new language!
- Use your non-dominant hand (or foot!)
- Meditate. This can help focus your mind while calming it down
- Do a puzzle or read a book
- Draw, paint, sketch, garden, or create any type of art
- Talk with a friend or family member. You can even call or video chat with them!
- Teach something: try teaching someone something you know a lot about. Or teach someone how to play your favorite sport!
- Listen to music
- Try a new exercise!

Talk point: What is something you can do this week to have a strong mind?



Draw your town: Give each athlete (or unified fitness team) a piece of paper and something to write with. Give them a set amount of time (3-10 minutes) to draw a map of their community. This could be their room, house, neighborhood, city, state, or any other area they want to map out. After time is up, have them share their maps with the group.

- Deep breathing can help athletes feel better when they are nervous or stressed. Tell your athletes they can use these techniques anytime, and anywhere: before bed, on the bus, on a walk, or during a Special Olympics practice. Try it with your athletes! *Set a timer for 1 minute* Breathe in slowly through your nose. Slowly release your breath as if you are blowing out a candle. Repeat until timer goes off.



- Play music during your physical activity. After your activity, stop the music and have athletes list off as many songs as they remember. Recall exercises are a great way to strengthen the brain!



**Having a strong mind
is important for
our overall
health.**

**Having a strong mind
can help us with
memory and
focus.**

**Training our brain is
something
we can do
every day.**



Strong Minds:

- I can workout my _____ to make it as strong as it can be!
- _____, painting, sketching, or creating any type of art can strengthen my mind!
- Having a strong mind can help me with my _____ and focus.

Key Takeaways:

1. Having a strong mind is important for our overall health.
2. Having a strong mind can help us with memory and focus.
3. Training our brain is something we can do every day.

1. Brain training can include learning something new: (circle one)

True



False



2. I thought this lesson was

Good



Not good



Unsure

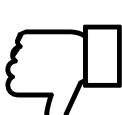


3. I will try to strengthen my mind after participating in this lesson

Yes



No



Unsure






**Personal
Hygiene**


Personal Hygiene





Having good personal hygiene is an important part of our overall health. Hygiene is anything we do to stay healthy and prevent sickness. Some germs can make us sick. Hygiene can prevent disease by washing germs off our bodies. This helps us stay healthy.

 Talk Point: How do you practice good hygiene?


 There are many components to hygiene:

- Washing your hands
- Bathing or showering regularly
- Trimming your nails
- Brushing and flossing your teeth
- Shampooing your hair
- Wearing deodorant every day

Washing your hands is especially important to good hygiene. We touch a lot of things during the day, so it is important to wash your hands regularly.

 Make sure to wash your hands:

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

 Follow these steps to thoroughly wash your hands:

1. Turn on the faucet and wet your hands
2. Apply Soap
3. Wash hands for 20 seconds. Sing “happy birthday” twice or the alphabet song once
4. Rinse well
5. Dry your hands
6. Turn off water with a paper towel

Talk Point: How will you practice good hygiene this week?



Oral health is a very important part of personal hygiene. Use this guide to practice good oral health!

Brushing

Step 1 Place fluoride toothpaste on the toothbrush.

Step 2 Brush top teeth by pressing gently and using short strokes vibrating back and forth, or a light scrubbing motion. Paying attention to both the outside and the inside of your teeth moving the toothbrush in your mouth. Be sure to brush each tooth.

Step 3 Continue brushing the bottom teeth, brushing outside, inside, and the chewing parts of your teeth. Be sure to brush each tooth.

Step 4 To freshen breath and remove bacteria, brush the tongue too.



Limited Dexterity

Using the “roll” method, turn your wrist slightly. With the bristles of the brush remaining flexed, follow surfaces of the teeth. Another method is the “circular” method. With teeth closed, place the brush inside the cheek with tips lightly touching the teeth. Use a fast, wide, circular motion with little pressure.

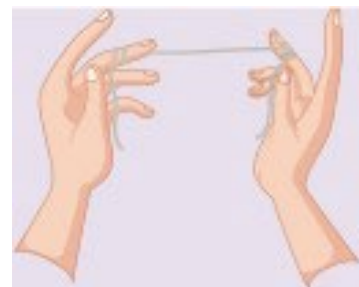
Flossing

Step 1 Take a piece of floss and wrap it around the middle finger of each hand.

Step 2 With the floss gripped firmly between the thumb and index finger of each hand, move the floss gently between the teeth until it reaches the gum.

Step 3 Curve the floss into a C-shape around the tooth. Slide it up and down the side of the tooth. Remove the floss carefully and repeat this for each tooth.

Step 4 While flossing, pay close attention to your gums. Keep your movements gentle when the floss is near your gums.



Limited Dexterity: You can also use other types of flossing tools to help with coordination, like this hand-held flosser.





- Yes, no, maybe: Designate one side of an area to be the “yes” side, and the opposite side to be the “no” side. The middle is the “maybe” or “sometimes” area. Explain to athletes that you will be reading different scenarios. The question that you want them to answer is “should I wash my hands...”. If the answer is yes, have them run to the “yes” side. If the answer is no, have them run to the “no” side. If they are unsure or the answer is “sometimes”, have them stand in the middle or “sometimes/maybe” area.
 - Scenarios:
 - After going to the bathroom
 - After watching at TV show
 - Before eating a sandwich
 - Before reading a book
 - After petting a dog
 - After drinking from their water bottle
 - After blowing their nose
 - Before writing a letter
 - After playing basketball
 - Before calling a loved one



Act it out! Have small groups or unified fitness partners act out the six steps of handwashing. For a visual of the six steps, see the next page.



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

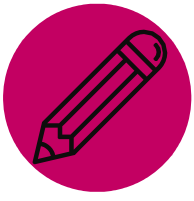
TURN OFF WATER
WITH PAPER TOWEL



**Personal Hygiene is
important to
stay healthy.**

**Personal hygiene can
help prevent
sickness
and disease.**

**Wash your hands
often during
the day.**



Hand Washing:

Follow these steps to thoroughly wash your hands:

1. Turn on the faucet and _____ your hands
2. Apply soap
3. Wash hands for _____ seconds. Sing "happy birthday" twice or the alphabet song once
4. Rinse well
5. _____ your hands
6. Turn off water with a paper towel

Key Takeaways:

1. Personal Hygiene is important to stay healthy.
2. Personal hygiene can help prevent sickness and disease.
3. Wash your hands often during the day.

1. I should wash my hands after: (circle one)

Calling my friend

Going to the bathroom

2. I thought this lesson was

Good



Not good



Unsure



3. I will improve my hygiene after participating in this lesson

Yes



No



Unsure





Sleep



Sleep is a very important part of staying healthy. When we sleep, our bodies and minds can rest and prepare us for the next. Getting enough sleep can also protect us from getting sick. Sleep can reduce stress, improve memory, and may help weight management.



Talk Point: How many hours do you usually sleep per night?

Talk Point: How do you get ready for bed? What is your “bedtime routine”? Sometimes, we might have a hard time falling or staying asleep. Here are some helpful tips to get a more restful night’s sleep:

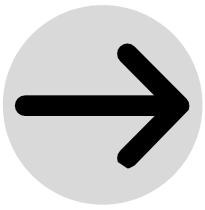
- Go to bed and wake up at the same time every day.
- Have a bedtime routine. Doing yoga, taking a warm shower, or breathing exercises can help get your body ready for sleep.
- Avoid looking at screens in bed. This includes TV, laptops, and cell phones.
- Create a good sleep environment. Weighted blanket, essential oils, soft music, or a dark and quiet room can help some people sleep.
- Avoid naps during the day if you are having a hard time sleeping at night.
- Avoid caffeine and vigorous exercise before bed. If you drink caffeine, try to use it only before noon.



Talk Point: What are some things that help you sleep?

If you are still having a hard time sleeping after trying these techniques, it might be time to talk to your doctor. They can give you even more tips to help you sleep.

Talk Point: How will you change your sleep routine after participating in this lesson?



- Practice breathing exercises as a club. Place one hand in the middle of the stomach and breathe in for 3 seconds, hold for 1 second, then breathe out for 3 seconds. This is also a great technique for calming down in a stressful situation.
- Do a group bedtime yoga session. Yoga is a great way to get ready for bed because it moves the body without being too vigorous. Some ideas for yoga poses are downward dog (hands and feet on the floor with hips up to the sky), tree pose (standing on one leg or two with hands in prayer position), mountain pose (standing with both feet planted firmly on the ground, arms at sides).



Think-pair-share: Have unified fitness teams think about what helps them fall asleep. Maybe it's something in their room, something they listen to, or a routine they have before bed. Have them share with their partner, then have each partner group share with the club.



Sleep is an important part of overall health.

Sleep can help our bodies rest and protect us from getting sick.

Having a bedtime routine improves sleep.



Sleep:

- _____ can reduce stress, improve memory, and may help weight management
- Having a _____ routine can help me have better sleep
- Avoid naps during the _____ if you are having a hard time sleeping at night

Key Takeaways:

1. Sleep is an important part of overall health.
2. Sleep can help our bodies rest and protect us from getting sick.
3. Having a bedtime routine improves sleep.

1. Getting enough sleep can help me: (circle one)

Stay healthy and avoid sickness

Hear better

2. I thought this lesson was

Good



Not good



Unsure



3. I will improve my sleep habits after participating in this lesson

Yes



No



Unsure






Walking Safety



Being a safe walker is very important. There are many ways that you can be a safer walker, or runner! Today we will be talking about some ideas to make sure that you stay safe, wherever you walk!

 Talk Point: Where do you run/walk?

There are many different places to run and walk. Some people like walking on paved trails, or in their neighborhoods on the sidewalks, or in parks. There are ways to be safe in every walking or running environment.

Check in: Let a friend, family member, or caregiver know where you are headed.

Knowing your Route: make sure you know where you will go before heading out the door. It can be easy to get lost, especially if you are taking a new route.


Road walking: Always try to walk a route that has sidewalks or designated walking paths. If a road doesn't have a sidewalk, try to walk against traffic. This means walking on the left side of the road, against traffic.

Crossing: Always cross at traffic lights and crosswalks. It is not safe to cross other places, even if you think there are no cars are coming.

Headphones: Don't listen to music, podcasts, books, or anything while

Be visible: Wear bright colors or a reflective vest or jacket.

Be seen: Make sure drivers see you by making eye contact or waving at them. This is especially important when crossing streets.

 Talk Point: How do you run or walk safely?

Talk Point: What is one way you will change how you walk/run after this lesson for life?



Take your club on a “safety walk”. Show them which side of the road to walk on when walking without a sidewalk. Show them safe areas in your community to walk. Teach them what to wear on their walks and how to make sure they are seen by cars.



Think-pair-share. Have athletes and unified partners think about the last time they went on a walk or run. How did they stay safe? What could they have done differently. Have them share with their partner or small group, then have everyone share with the large group.

- Walk around your community with your club while filling out the “walkability survey” on the next page. Note what could be changed in your community and what is already working. Brainstorm with your club to determine ways that walkability could be improved.



- There are sidewalks or walking paths:
 - Yes No
 - If no, where is the closest school? Does it have a track you can walk on?
- It is easy to cross streets. There are a lot of cross walks or traffic signals to cross at.
 - Yes No
 - If no, pick a route that stays on one side of the street or find a different walking path.
- Was your walk pleasant? Some unpleasant things include scary dogs, not well lit, dirty, lots of litter or trash, dirty air due to car exhaust.
 - Yes No
 - If no, pick a route away from busy roads, remember areas to avoid, or walk with a bag to pick up litter.



**Wear visible clothes and
make sure you are
seen while
walking.**

**Always let someone
know where you
are going.**

**Be alert while walking
and pay attention
to your
surroundings.**



Walking Safety:

- Pick a safe place to _____, like a park, walking path, or streets with sidewalks.
- When walking, always cross the street at traffic lights and _____-walks.
- Wear reflective clothing or _____ colors when walking or running.

Key Takeaways:

1. Wear visible clothes and make sure you are seen while walking.
2. Always let someone know where you are going.
3. Be alert while walking and pay attention to your surroundings.

1. Where is one safe place to walk?

2. I thought this lesson was

Good



Not good



Unsure



3. I will try to walk or run safely after participating in this lesson

Yes



No



Unsure





Bike Safety



Biking is a great way to get outside and get exercise! When we bike, we strengthen our legs, hearts, and lungs. Biking can also be done on a stationary bike. Today we will be talking about bike safety. This is important when we ride our bikes outside.



Talk Point: Where do you like to ride your bike?

Accidents can happen when we ride our bikes. It is important that we practice bike safety so we can be safe. Below are some ways to be safety.

Make sure your helmet fits. It should sit straight on your head and cover your forehead without slipping back.

- If your helmet gets damaged, get a new one.
- Make sure your bike has reflective gear. If it doesn't, you can stick reflective stickers on it and on your helmet.
- Choose safe areas to ride your bike. Bike paths are great areas!
- Make sure to ring your bell or say "on your left" when passing others.



Talk point: Have athletes talk in small groups or unified fitness partners about ways that they can be safe while biking. Then have everyone share their ideas with the club

Have players bring their bike helmets to a club meeting.

Teach them how a bike helmet should fit, and if their helmet might need to be replaced.

- Make sure your helmet is the right size. It should be snug without being too tight. Check helmet position: It should sit level on your head.
- 1 or 2 fingers should fit above your eyebrow.
- Side strap: Adjust slider on both straps to form a “v” shape under and slightly in front of the ears.
- Buckles: Center the buckle under the chin.
- Chin Strap: Buckle your chinstrap. Tighten until it is snug so that no more than one or two fingers fit under the strap.
- Final Check: Open your mouth wide like you are yawning, the helmet should pull down onto the head. Nod your head. The helmet should stay in place and not slip up on the forehead or fall down into your eyes.
- Finally, if your helmet has one, roll the rubber band down to the buckle to prevent it from loosening.



**Biking is a great way to
get exercise and
improve
fitness.**

**Wear a helmet every
time you ride
a bike.**

**Choose safe places, like
bike paths or
parks, to ride
your bike.**



Biking Safety:

- Wear a _____ **every time** you bike. Pick a
- safe place to bike, like a bike _____ or park.
- Make sure to ring your bell or say “on your _____” when passing others

Key Takeaways:

1. Biking is a great way to get exercise and improve fitness.
2. Wear a helmet every time you ride a bike.
3. Choose safe places, like bike paths or parks, to ride your bike.

1. When should you wear your helmet? (circle one)

Every time you ride your bike

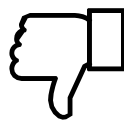
Only on long bike rides

2. I thought this lesson was

Good



Not good



Unsure



3. I will try to bike safely after participating in this lesson

Yes

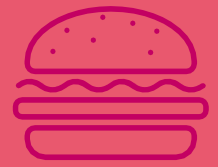


No



Unsure





Food
Choices

Healthy Food Choices





How can we be healthy when eating out? What about grocery shopping and restaurants? How do we know if foods are good choices? During this lesson we will be talking about how to choose healthy foods.



Talk point: Where do you eat? Do you go grocery shopping? Do you eat out often?



Making healthy choices at fast food restaurants can be hard. You can follow these tips to make it easier:

- Choose smaller portions
- Choose whole grains
- Go for lean proteins like chicken or fish
- Choose healthy sides, like salads or apples
- Ask for condiments and dressings on the side



Talk point: What healthy option can you choose at your favorite fast food restaurant?

When grocery shopping, it can be helpful to look at nutrition labels. This can help you decide if food is healthy. When looking at a label, look for:

- Added sugars: The less the better!
- Fiber: Choose foods with fiber, like oatmeal, beans, and nuts
- Saturated fat: The less the better!
- Vitamins and minerals: Choose foods with high percentages of vitamin A, calcium, and iron
- Fruits and vegetables usually don't have nutrition labels. They are still very healthy options!



Some foods are healthy to eat all the time, like fruits and vegetables. Some foods are ok to eat sometimes as a treat, like chips, cookies, and ice cream. Make sure to balance your "sometimes foods" with healthy choices!

Talk point: How will you change how you grocery shop after this lesson?

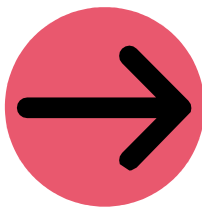


Show athletes the menu on the next page. In unified pairs or small groups, ask athletes to choose a healthy meal. Remind them to pick healthy sides and smaller sizes. After everyone has picked their meal, go around and share with the group. Compare meals and offer suggestions.



Have each athlete or unified pair bring in their own food label. Use the next pages for food label examples to point out saturated fat, added sugar, fiber, fat, and vitamins and minerals. Have each athlete, unified pair, or small group find the values on their nutrition label and determine if they think their food is a healthy choice or if it is a "sometimes" food. Share with the group.

- Athletes might go on road trips to travel to sporting events. Brainstorm how they might choose healthy foods on these trips. Some ideas include:
 - Pack healthy snacks for the road instead of stopping at a drive thru
 - Review restaurant menus & choose healthy foods before dining out
 - Choose baked, grilled or broiled foods instead of fried
 - Side recommendations: apple slices instead of fries, baked potato chips instead of a cookie
 - Ask for toppings and dressings on the side
 - Choose water or unflavored low fat milk instead of sugary drinks



Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container	
Serving size	0.5 cup(s)(117g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 35mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 145mg	10%
Iron 1mg	6%
Potassium 255mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts

18 servings per container	
Serving size	1/6 pizza (140g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 700mg	30%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 13g	
Vitamin D 1.0mcg	4%
Calcium 183mg	15%
Iron 3.0mg	15%
Potassium 272mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Read nutrition labels
when grocery
shopping**

**Choose healthier
options when
eating out at
restaurants**

**Balance "sometimes"
foods with
healthy
choices**



Healthy Food Choices:

- At fast food restaurants, choose _____ sizes, choose healthy sides, and ask for dressings on the side
- When grocery shopping, look for foods with low added sugar and low _____ fat
- Balance sometimes foods with _____ choices

Key Takeaways:

1. Choose healthier options when eating out at restaurants
2. Read nutrition labels when grocery shopping
3. Balance "sometimes" foods with healthy choices

1. At fast food restaurants, try to choose: (circle one)

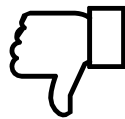
Whole grains	Extra large fries
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2. I thought this lesson was

Good



Not good



Unsure



3. I will choose healthy foods after participating in this lesson

Yes



No



Unsure

