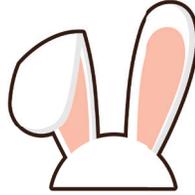


WEEK #5 TRACKER

Has this program helped you feel happier and healthier? **Yes** **No**

Name: _____ Team/School: _____

	March 30	March 31	April 1	April 2	April 3	April 4	April 5
Check off each day you are active in the boxes below. Any activity counts!							
<input checked="" type="checkbox"/>	<input type="checkbox"/> Training Tuesday	<input type="checkbox"/> Wellness Wednesday	<input type="checkbox"/> Turn It Up Thursday	<input type="checkbox"/> Feel Good Friday	<input type="checkbox"/> Strength Saturday	<input type="checkbox"/> Stride Sunday	<input type="checkbox"/> Mindfulness Monday
SONC Activity	<p>Powering Up with an explosive workout today!</p> 	<p>No-Bake Peanut Butter, Chocolate Chip Energy Balls - YUM!</p> 	<p>Play Every Minute On the Minute or EMOM!</p> 	<p>Take 10 minutes to be quiet, stretch and breathe.</p> 	<p>Strength Challenge!</p> 	<p>Happy Easter! What did you spy on your walk today?</p> <hr/> 	<p>Are you on track to meet your goal for Partner Up Power Up? Circle below:</p> <p style="text-align: center;">Yes</p> <p style="text-align: center;">No</p> <p style="text-align: center;">Getting There</p>
Did you do something different? Write it here.							
Did you Power Up by choosing a healthy snack every day?	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>

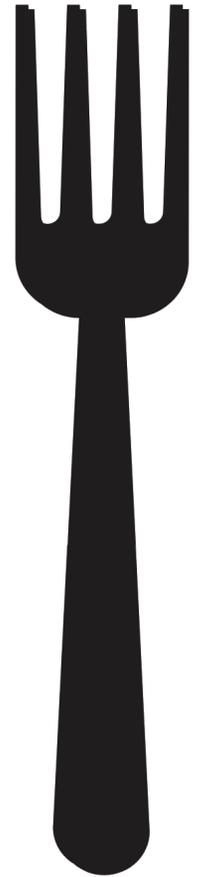
Week #5 Power Up: Choose a Healthy Snack

Here are some healthy snack suggestions you can pick to substitute for your normal snacks:

- Roasted veggies, instead of fries
- Veggies and hummus, instead of potato chips and dip
- Fresh or frozen fruit covered in dark chocolate, instead of candy

Some other healthy snacks are:

- Homemade trail mix
- Beef jerky
- Popcorn (go light on the butter and salt)
- Fruits and veggies



What is your favorite healthy snack? _____

Advanced Power Up Option: Go a whole week without eating sweets.

March 30: Training Tuesday

This week, we will work on our explosive power to run and walk on the track by doing plyometrics. Plyometrics are jumping exercises designed to help you gain power. Think about being a Jack in the Box springing off the ground!

First, let's warm up!

1

Butt Kicks: Do for 30 seconds

- Jog or march in place and kick your heels toward your glutes behind you.
- Swing your arms.

Chair modification:
Seated march and arm swings
Instructions on page 14



3

Jumping Jacks: Do for 30 seconds Take It Up a Notch: Jump Rope for 30 seconds

Instructions on page 14

Rest for 30 seconds, then
get water. Repeat 2 more
times.

2

Quick Punches: Do for 30 seconds

- Stand with your feet a little wider than your shoulders. Bend your knees slightly.
- Put both your hands in fists by your chest.
- Keep your elbows down by your side.
- Turn toward your left side and punch your right arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Now, turn toward your right side and punch your left arm in that direction.



Let's get strong!

4

High Knee Lifts: Do 5 times each leg

- Stand with your feet hip-width apart and your hands on your hips. Hold onto a chair or wall to help with your balance.
- Lift your left knee slowly to your chest as high as you can. Hold for 3 seconds.
- Slowly lower your foot back to the ground.
- Switch legs and repeat.



Chair modification: A) Sit on the edge of the chair and repeat the movement above. B) Do quick punches with your arms, one at a time. Focus on tightening your abs and punching quickly.

6

Jump/Frog Squats: Do 10 times

- Start by standing with your feet apart.
- Bend at your knees and hips to squat down.
- Touch the floor with your hands.
- Jump straight up in the air with your arms up.
- Land in a squat with your hands touching the floor.

Modification: Squat without jumping.

Chair modification:

Side-to-side bends
Instructions on page 7



5

High Knee Punches: Do 5 times each leg

- Same movement as previous exercise, but quicker.
- Lift your left knee (like punching the air with your knee) to your chest as high as you can. Hold for 1 second, lower your foot and switch legs.

Chair modification: A) Same movement as above, but quicker. B) Quick arm punches, but this time, aim to the sky. Focus on tightening your abs and punching quickly.

7

Reverse Lunge to Hop: Do 5 times each leg

- Stand up tall. Take a big step backward with one leg and drop your back knee toward the ground.
- Press up to return to standing, building momentum, and raise your back knee up and hop as high as you can in the air on one foot. Return to both feet on the ground. This is 1.
- Repeat on same leg 4 more times. Then, switch legs.

Modification: Lunge without hopping.

Chair modification: Chair push-ups (instructions on page 6): do 5 times. See if you can quickly push yourself up, and slowly lower yourself back down.



Rest for 30 seconds, then get water.
Repeat 2 more times.

Let's cool down!

breathe

8

Knee to Chest:
Hold for 15 seconds each leg

Instructions on page 16



9

Calf Stretch:
Hold for 15 seconds each leg

Instructions on page 8



**Rest for 30 seconds.
Repeat 2 more times.**

Better flexibility may:

- Improve your performance in physical activities
- Decrease your risk of injuries
- Help your joints move through their full range of motion
- Enable your muscles to work most effectively

- Mayo Clinic

10

Butterfly Stretch:
Hold for 30 seconds

Instructions on page 28



March 31: Wellness Wednesday

Healthy foods are what fuel your body to work out and play sports.

No-Bake Peanut Butter Chocolate Chip Energy Balls are the perfect snack to keep you going. They're easy to make and very tasty! Enjoy the following recipe from Special Olympics Illinois.

No-Bake Peanut Butter Chocolate Chip Energy Balls

Ingredients (makes approximately 12 balls):

- 1 cup oats
- ½ cup peanut butter
- ½ cup chocolate chips
- 2 tablespoons honey
- Dash salt
- Dash cinnamon

Directions:

1. Combine all ingredients in a large bowl, mix well.
2. Refrigerate for 30 minutes.
3. Remove from fridge and roll into bite-sized balls.
4. Store in covered container in the fridge.
5. Enjoy whenever you need a snack!



April 1: Turn It Up Thursday

Today, we're playing Every Minute on the Minute or EMOM!
This is a 10-minute workout where you will start a new exercise on the top of every minute.

How to play:

- Write down your 10-digit phone number.
- Each number tells you the number of reps you will do. It will also tell you the exercise you will do at the top of every minute.
- If you finish your reps before the minute is up, then you get to use that time to rest before starting the next exercise.

Example

Phone Number: 859-XXX-XXXX

Minute 1: 8 butt kicks (8 reps on each side for a total of 16 butt kicks)

Minute 2: 5 frog squats

Minute 3: 9 high knees (9 reps on each side for a total of 18 high knees)

Look at the chart to the right to see which exercise goes with each number.

Turn It Up Advanced Option: Use 2 other people's phone numbers to do 2 more rounds of EMOM. This will make it a 30-minute workout!

Phone Number/Rep Count	Exercise	Page #
0	rest or pick an exercise	
1	lunge	24
2	push-ups	6
3	toe touches	38
4	overhead press	27
5	frog squats	43
6	bicep curls	34
7	Russian twists	24
8	butt kicks	42
9	high knee lifts	43

April 2: Feel Good Friday

Set aside 10 minutes in your day.
Find a quiet space with low or natural lighting.

Do the following stretches:

- **Side stretch** for 30 seconds (15 seconds each side)
 - Stand or sit up tall with your feet a little wider than your hips.
 - Bring your left arm up so that it is close to your ear.
 - Bend sideways at your waist towards your right side. Keep your arm next to your ear the whole time.
 - You should feel a stretch on the left side of your torso.
 - Repeat with your right arm up and your left side bent down.
- **Triceps stretch** for 15 seconds on each arm (instructions on page 16)
- **Modified hurdler's stretch** for 15 seconds on each leg (instructions on page 25)
- Follow your stretches with a round of **strong breathing** (instructions on page 20)



April 3: Strength Saturday

See if you can beat your numbers from the first week! Make sure to write how many you did on your tracker.

- How many **push-ups** can you do in 60 seconds? (instructions on page 6) _____
What push-ups did you choose? (circle one): Traditional Knee Chair Wall
- How many **curl-ups** can you do in 60 seconds? (instructions on page 7) _____
- How long can you do a **single-leg stance**? (instructions on page 7)
Right leg _____ seconds ; Left leg _____ seconds
If you did the chair option, how many points did you get? _____ points



April 4: Stride Sunday

Eye Spy: Time to get out for a walk or run. Keep an eye out for something you never noticed before.

Examples: a flower that just bloomed, a neighbor who got a new car, a bird you've never seen before

Walking is a great way to unwind and simply notice your surroundings.

Even walking around your house will work!

- Write the 1 new thing you saw on your tracker.
- Take a picture of that 1 new thing and post it on the Facebook page or share it with your partner or coach.

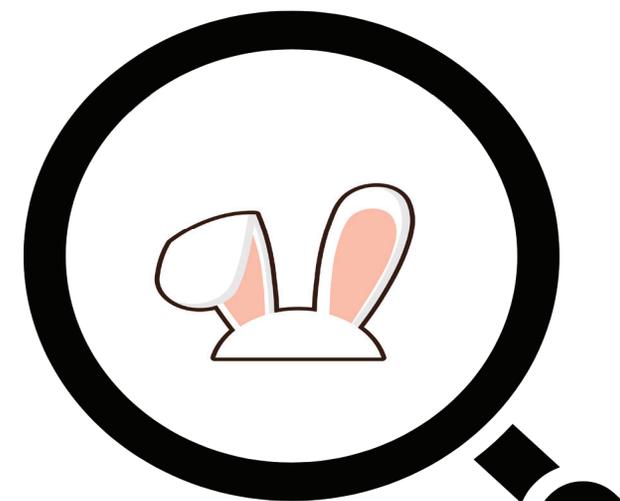
When you're finished, energize yourself with water and a healthy snack!

Stride Goals

Beginner Goal: Get 4,000 steps or 2 miles.

Advanced Goal: Get 10,000 steps or 5 miles.

Turn It Up a Notch Goal: Get 12,000 steps or 6 miles.



- Stand/sit tall (mountain pose) and raise your hands above your head.
- Fold at your waist and touch your toes (forward fold).
- Rise back up and reach your hands high to the sky.
- Do this 10 times.
- Try and do each move with your breath:
inhale rise, exhale fold



Inhale



Exhale

This yoga exercise is great for you in so many ways! It helps reset the mind and body. The slower you do this exercise, the calmer you will feel. Do this exercise faster and you'll feel more energized. **After you're done, complete your goal check-in on your tracker!**

You have made it halfway! Congratulations! What's next?

Make sure you have shared your trackers for all 5 weeks with your coach or teacher.

You get a T-shirt after you show at least 15 days of activity!

There is much more to come with more live sessions, prizes, contests and the big dance party at the end of May!