



Dear Volunteer,

Thank you so much for expressing interest in hosting Healthy Habits at a Special Olympics Pennsylvania (SOPA) event. Healthy Habits are interactive education stations that help build awareness of how healthy habits affect sport performance and everyday life.

The three Healthy Habit topics are nutrition, hydration, and physical activity. Your role throughout the event would be to educate athletes and their families regarding one of the Healthy Habit topics.

Attached is a volunteer guide for hosting Healthy Habits. Within the guide, there are two sections: Healthy Habits Guide and Healthy Habits Resources. The Guide contains background of Healthy Habits, tips when designing your table / interacting with athletes and provides information specific to each topic. This information is to serve as your talking points. The Resources contain handouts and suggested giveaways. Within the Resources section, the handouts are to be replicated for use at the competition. You are responsible for providing the handouts and giveaways.

Prior to the event, you will receive pertinent logistical information. While on-site at the event, you will receive a volunteer t-shirt and lunch. If you have any questions or concerns, please contact, Charla Stein, by phone at (610) 630-9450 ext. 254 or by email at cstein@specialolympicspa.org.

In good health,

Charla Stein RD, LDN

Special Olympics Pennsylvania

Healthy Communities Coordinator

610-630-9450 ext. 254

cstein@specialolympicspa.org | www.specialolympicspa.org

Special Olympics
Healthy Habits



HEALTHY HABITS GUIDE



**Special
Olympics**
Pennsylvania

BACKGROUND OF HEALTHY HABITS:

Healthy Habits are interactive education stations that help build awareness of how healthy habits affect sport performance and everyday life. Healthy Habits are supplemental stations conducted in high traffic areas when / where it is not possible to offer Healthy Athletes screenings.

Just like with sports and Healthy Athlete screenings, Healthy Habits is free to all Special Olympics Pennsylvania athletes.

The only requirement necessary is athletes must have a valid medical on file. Additionally, athletes can participate in Healthy Habits even if they're not competing at the event where it is being hosted.

There are three primary Healthy Habits topics:

- 1.) Hydration
- 2.) Nutrition
- 3.) Physical Activity

Starting in 2016, Healthy Habits was offered at 4 state competitions. Special Olympic Pennsylvania's goal for 2017 is to start offering Healthy Habits at 9 Sectional (regional) events. In 2018, it will be offered at three additional invitationals. By 2019, all local programs (56) will be encouraged to host Healthy Habits at all local competitions.



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TIPS FOR SETTING UP HEALTHY HABITS



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TIPS WHEN DESIGNING YOUR TABLE:

1. Draw the athletes in: Create a colorful poster or stand up eye-catching signs to grab the athletes' interest.

2. Keep signage simple: Try not to clutter your pictures or graphics with too many words—let the images speak for themselves! Also, include a few key words to spark conversation, but let the rest of the information come about in conversation.

3. Include a tangible model if possible: Visualizing the topic will help the athletes grasp the concepts.

o Ex: Bring a soda bottle (instead replace the soda with the amount of sugar inside).

4. Athletes LOVE anything free: Honestly, who doesn't! It never hurts to include a giveaway item to incentivize the athletes to stop by.



TIPS WHEN INTERACTING WITH ATHLETES:

1. Try not to assume the athletes' level of knowledge: You'll interact with athletes of all ages and abilities, so be prepared to explain your topic at any level.

2. Turn the lesson into a conversation: Make it easy for the athlete to understand and applicable to their own lives.

o Ex: Ask the athlete what they normally drink with their meals, then segway into what the healthy choice is (water or milk instead of soda, for instance). Follow up by explaining why.

3. Have an activity or game prepared: Allow the athletes to get engaged with the topic—hands-on activities are lots of fun!

4. Have fun with the athletes! It should be a great day for both you and them!



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INFO FOR HEALTHY HABITS STATIONS



NUTRITION

Vegetables

- 🍴 Eat more red, orange and dark green veggie
 - Like tomatoes, sweet potatoes and broccoli
- 🍴 Fresh, frozen and canned vegetables all count
 - Choose “reduced sodium” or “no-salt-added” canned vegetables

Fruits

- 🍴 Use fruits as snacks, salads, and desserts
 - At breakfast, top your cereal with bananas or strawberries
- 🍴 Buy fruits that are dried, frozen or canned (in 100% juice) as well

Grains

- 🍴 Substitute whole grain choices for refined grain
 - Like breads, bagels, rolls, breakfast cereals, crackers, rice and pasta

Dairy

- 🍴 Chose skim (fat-free) or 1% (low-fat) milk
 - They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories
- 🍴 If you are lactose intolerant, try lactose-free milk or fortified soy milk



Protein

- 🍴 Eat a variety of proteins each week
 - Like seafood, beans, peas, nuts, lean meats, poultry and eggs
- 🍴 Twice a week, make seafood the protein on your plate
- 🍴 Choose lean meats and ground beef that are at least 90% lean
- 🍴 Trim or drain fat from meat and remove skin from poultry to cut calories

HYDRATION

What is Hydration?

Hydration means how much water is in our bodies

- Over half our body is made up of water!
- It's really important to have enough water in our bodies to stay healthy, especially when exercising

What is dehydration?

Dehydration is when we do not have enough water in our bodies to be healthy

- What kind of things would cause us to be dehydrated?
 - o Hot weather
 - o Exercising
 - o Sweating
 - o Forgetting to drink regularly
- How would we know we are dehydrated?
 - o Thirst
 - o Feeling tired
 - o Loss of appetite
 - o Dark colored urine
 - o Muscle cramps
- What should we do if we become dehydrated?
 - o Drink water
 - o Rest



Always carry water with you and sip throughout the day

If you don't like the taste of water, mix it with a little of your favorite drink

Drinking little and often is better than lots at one time

Remember drinking water throughout the day will help you avoid dehydration

PHYSICAL ACTIVITY

What are the benefits of physical activity?



Improved health

- Reduce risk of heart disease and stroke
- Reduce risk of some cancers
- Reduce risk of type 2 diabetes
 - More energy
 - Sleep better
 - Lose weight
 - Live longer
 - Social benefits



Do 2 hours and 30 minutes (150 total) of moderate intensity aerobic activity every week and muscle - strengthening activities on two or more days a week

Recommended Daily Exercises



Aerobic Activities

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with a few hills
- Playing your favorite sport
- Pushing a lawn mower



Muscle-strengthening Activities

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (like push-ups or sit-ups)
- Heavy gardening (i.e. digging, shoveling)
- Yoga



Common Physical Activity Excuses

- Time
- Physical activity is boring
 - I'm just not sporty!
 - Bad weather
 - Lack of facilities /resources

Special Olympics Healthy Habits



HEALTHY HABITS RESOURCES



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Resources included in this booklet:

Nutrition: RED paper

Hydration: BLUE paper

Physical Activity: GREEN paper

Suggested Healthy Habit Giveaways:

Nutrition: peanuts OR raisins

Hydration: flavor enhancer packet
AND water bottle

Physical Activity: jump rope OR shoelace

focus on fruits

10 tips to help you eat more fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Focus on whole fruits—fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Make sure that saturated fat and added sugars are limited when preparing fruit dishes.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe instead of sugar.

6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



add more vegetables to your day

10 tips to help you eat more vegetables

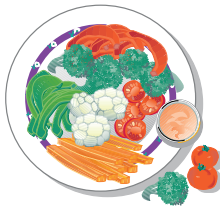
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

Choose a new vegetable that you've never tried before. Find recipes online at www.WhatsCooking.fns.usda.gov.

enjoy your food, but eat less

10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate.

Healthy meals start with more fruits, vegetables, grains, protein foods, and dairy. Drink and eat less sodium, saturated fat, and added sugars.

1 **get to know the foods you eat**
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.



2 **take your time**
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

3 **use a smaller plate**
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 **if you eat out, choose healthier options**
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

5 **satisfy your sweet tooth in a healthy way**
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



6 **choose to eat some foods more or less often**
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

7 **find out what you need**
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

8 **sip smarter**
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sugar-sweetened beverages contain added sugar and are high in calories.



9 **compare foods**
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

10 **make treats “treats,” not everyday foods**
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

STOP. RETHINK YOUR DRINK. GO ON GREEN.



RED: Stop! Drink rarely, if at all.



- Regular sodas
- Energy and sports drinks
- Fruit drinks
- 100% juice (over 4 ounces)

YELLOW: Caution! Drink occasionally.



- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice (4 ounces or less)

GREEN: Go! Drink plenty.



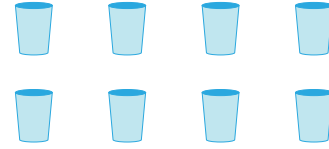
- Water
- Seltzer water
- Skim or 1% milk (unflavored)
- Unsweetened herbal tea

HYDRATION

drink your water!



30 DAY WATER CHALLENGE



Day 1 

Day 2 

Day 3 

Day 4 

Day 5 

Day 6 

Day 7 

Day 8 

Day 9 

Day 10 

Day 11 

Day 12 

Day 13 

Day 14 

Day 15 

Day 16 

Day 17 

Day 18 

Day 19 

Day 20 

Day 21 

Day 22 

Day 23 

Day 24 

Day 25 

Day 26 

Day 27 

Day 28 

Day 29 

Day 30 

physical activity at home, work, and play

10 tips to make physical activity a regular part of the day

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1 take 10

Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

6 be an active parent

Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

2 mix it up

Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.



7 find support

Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

3 be ready anytime

Keep comfortable clothes and walking or running shoes in the car and at the office.

8 enjoy the great outdoors

Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

4 find ways to move

Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.



9 look for wellness at work

Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your community.

5 work out during TV time

Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

10 the chores count, too!

Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.



be an active family

10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

