

Fitness and Wellness Weekly Challenges and Tips to do with Teams

Looking for ways to engage your team in Fitness and Wellness every week? Here are two 10 week ideas for you to use and get you started.

Weekly Challenge Examples

- Week 1: Squat Challenge (who can do the most)
 - Prize Idea: Sport Drink
- Week 2: Wall Sit Challenge (who can hold it the longest)
 - Prize Idea: Sport Nutrition Bar
- Week 3: Naming Fruits (how many can you name as a team)
 - Prize Idea: Purchase a bag of clementine oranges, apples or a bundle of bananas and give one to every athlete. Everyone is a winner this week!
- Week 4: Naming Vegetables (how many can you name as a team)
 - Prize Idea: Purchase some mini bags of carrots or a large bag and divide them up, give one to every athlete. Everyone is a winner this week!
- Week 5: Push-Up Challenge (who can do the most)
- Week 6: Crunch Challenge (who can do the most)
- Week 7: High Five Challenge (announce at the beginning of practice and see who can give the most amount of encouraging high fives throughout practice)
- Week 8: Naming Healthy Snacks (how many can you name as a team)
 - Prize Idea: Purchase a healthy snack and give one to every athlete. Everyone is a winner this week!
- Week 9: Jumping Jack Challenge (who can do the most in 1 minute)
- Week 10: Plank Challenge (who can hold it the longest)

Prize Ideas for Weekly Challenges

Get creative, but here are a couple ideas to get you going.

- Purchase little trinkets on Amazon
- Purchase a bag of trail mix and divide it up to give as prizes
- Head to Costco or Sam's and purchase a large quantity of a healthy snack to divide up and give as prizes
- Put together healthy goody bags with powder drink packets, a healthy snack and a little trinket (maybe like a sports shaped stress ball)

Looking for better prize ideas, reach out to SOCO and see what we may have to give out.

Contact Jenn at jdormann@specialolympicsco.org



Weekly Tips Examples

- **Week 1:** Drink water, not juice or soda, water helps the inside of your body work the way it is suppose to and helps your brain work better.
- **Week 2:** Eat your fruits and vegetables. Aiming to eat at least one fruit and vegetable every meal will help keep you healthy and help keep away illnesses.
- **Week 3:** Get outside and move. When the weather is nice it is great to get outside, get some fresh air and move. The more you move the more healthy you will be.
- **Week 4:** Spend time with friends and/or family. Spending time with others helps brighten your mood and social interaction is good for your overall wellness.
- **Week 5:** Exercise for 30 minutes a day at least 5 days a week. Exercise can be walking, jogging, running, fitness exercises like squats and push-ups, stretching and balance training.
- **Week 6:** If you are a person who loves sugar and sweets (ice cream, cake, etc.), try to eliminate those at least 1 day a week to start and then go to 2 days, 3 days, etc.
- **Week 7:** If you are a person who love salty foods like chips, pretzels, crackers, etc. Try to eliminate those at least 1 day a week to start and then go to 2 days, 3 days, etc.
- **Week 8:** Do you eat out a lot? If so, try to cut down the days a week you do that and work on making meals at home. This saves money and it is healthier for you!
- **Week 9:** Avid TV watcher, gamer, social media user? Work on cutting down your screen time, start with 30 minutes a day and add 5-10 minutes every week. Replace this time with a walk, some exercise, light reading, the options are endless.
- **Week 10:** Do you eat Breakfast? If not, begin tomorrow! Breakfast is the most important meal of the day as it helps get your body and mind going and ready to conquer the day.

Looking for more ideas or want to implement the Fit 5 program with you team? Contact Jena Twete at jtwete@specialolympicsco.org