

Find Tips of the Month on...  "SOCO Fitness Captains"

## R U Balanced?



## Tips for Better Balance

- 1.) Have your vision checked
- 2.) Wear sturdy shoes
- 3.) Work on balance exercises during the day
- 4.) Strengthen your legs; do squats
- 5.) Take a Tai Chi, Martial Arts, Core Conditioning or Yoga class
- 6.) Learn to fall correctly; protect your head!

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**Your challenge is to work on balance exercises every day for 5 minutes each day for the month of June.**

NAME: \_\_\_\_\_

Use the chart below to track your progress. Draw a smiley face on the days you work on the following balance exercises: 

1. Stand on one foot when brushing your teeth.
2. Close your eyes and stand tall for 30 seconds with both heels touching each other; now stand on one foot for 30 seconds; switch feet and try to increase the time you can stand on one foot.
3. Without holding onto anything, rise up on your toes 10 times. Repeat with your eyes shut.
4. Stand on one leg, bend and extend the other knee slightly, for 10 to 15 seconds; switch legs; repeat 10 times. Then do it again with your eyes closed.
5. Walk a straight line, placing the heel of one foot directly in front of the toes of the other foot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

GIVE THE CHART TO YOUR TEAMMATES AND CHALLENGE THEM TO DO THE BALANCE EXERCISES AT LEAST 5 MINUTES EVERY DAY FOR THE MONTH OF JUNE

# Sun Safety; don't get fried!



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We Coloradans love our 300+ days of sun but be smart and remember the following sun safety tips:

- Wear sunscreen and lip balm with an SPF of 15 or higher; reapply every 2 hours
- Drink plenty of water
- Wear a brimmed hat
- Wear lightweight, light colored clothing
- Avoid going out between 10 am and 4 pm if possible
- If you feel dizzy or lightheaded, tell your coach or parent/guardian immediately

**PREVENT SKIN CANCER!!! Reduce Wrinkles!**



Glug . . . Glug . . . Glug . . . WATER . . . You can't live without it!



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### **Steps to Prevent Dehydration**

1. Drink water before and after competing; drink every 15-20 minutes while competing
2. Eat foods that contain water like cantaloupe, grapes, oranges, watermelon, carrots, cucumbers, celery or soups
3. Avoid caffeinated drinks
4. If you are exercising more than 1 hour, consider a sports drink
5. On warm days, wear loose fitting clothing, a hat and stay in the shade
6. Drink water until urine is a clear color

**You can lead them to water, but you can't make them drink!  
Don't wait until you are thirsty to drink H<sub>2</sub>O**

