

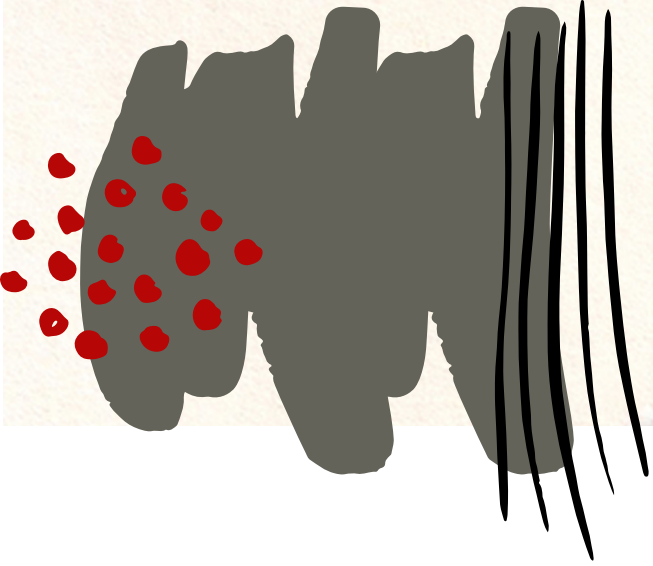


SPECIAL OLYMPICS NEBRASKA

FITNESS COMBINE

2025 PLAYBOOK





THE GAME PLAN

Hi Special Olympics Nebraska athletes, partners, and coaches!

We are excited for you to participate in the 2025 Winter Fitness Combine!

Fitness as a sport was designed with flexibility in mind. The goal of the program is to provide athletes and partners ideas for six weeks of physical activity that will improve cardio, strength, flexibility and overall physical performance. This can be done at home, at a team practice, or school. It can be done by yourself or with a group. Participants will strive to increase their amount of minutes exercised, week over week with improved athletic performance as a result. This will be done by setting SMART goals so that each person has a plan how to reach their goals.

This guide will walk you through suggestions for cardio, strength, and stretching exercises, as well as the benefits of doing each. In addition, increasing hydration will lead to a healthier body and overall lifestyle. #GetFitNE!

In schools, these activities can be done in homeroom, Unified PE, Unified Club, or other down-time. Choose a student leader to help lead exercises and another to record minutes.

Whether practicing virtually or in-person, our hope is that athletes will be able to socialize, practice, and encourage their teammates to strive for individual health and fitness improvements. Please let your Special Olympics Nebraska team know if you have any questions along the way.

Excited to see you in action,
The Special Olympics Nebraska Team



Special Olympics
Health



WINTER FITNESS COMBINE THE OVERVIEW

Participants should focus on increasing their personal minutes in cardio, strength, and stretching.

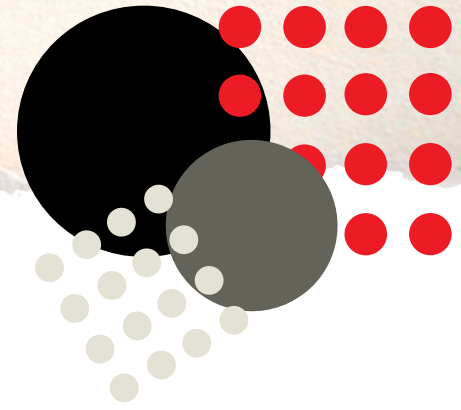
Participants will complete their exercises and track their minutes spent doing them. They will submit their participants individual minutes / team minutes to Special Olympics Nebraska to compete against other schools and individuals state-wide. Minutes can be emailed to health@sone.org or electronically using the link that will be supplied at the beginning of each fitness week.

Teams or individuals can also complete the SMART goal-setting and healthy habits activities and share their progress with Special Olympics Nebraska.

The goal of the Winter Fitness Combine is to stay active during the cold Nebraska months and continue to train.

#GetFitNE!

TIMELINE



Register by February 15th

Below are the Submission Dates (coaches/individuals submit individual/team minutes)

Week 1: February 16th - February 22nd

Week 2: February 23rd - March 1st

Week 3: March 2nd - March 8th

Week 4: March 9th - March 15th

Week 5: March 16th - March 22nd

Week 6: March 23rd - March 29th

Weekly submissions deadline April 4th!

**Special
Olympics**
Nebraska



Special Olympics
Health

REGISTRATION

Coaches, Parents/Caregivers, or Athletes, you can register a team of athletes or an individual using the "REGISTER HERE" link or the QR Code! Teams can include athletes and partners of any age and ability level.



An individual athlete can register themselves or a parent/guardian can act as the point of contact for an individual.

A good coach is pivotal to the success of a team and the Fitness Combine is no exception. The coach of your team should:

1. **Register their team**
2. Act as the **point of contact** between SONE staff and their team
3. **Collect minutes** from each team member
4. Compile individual minutes and **submit the individual minutes** to ***health@sone.org*** or electronically by the specified deadlines
5. Communicate and motivate their team!



Special Olympics
Health



#GetFitNE!

This section contains everything you need to know to guide participants through the combine.

- Cardio Exercises + Benefits
- Stretching & Yoga Exercises + Benefits
- Strength & Weight Exercises + Benefits
- Hydration + Benefits

SMART

GOALS:

What is a SMART goal?

SMART GOALS

S

SPECIFIC

State exactly what you want to accomplish.

M

MEASURABLE

Use smaller, mini-goals to measure progress.

A

ACHIEVABLE

Make your goal reasonable.

R

REALISTIC

Set a goal that is relevant to your life.

T

TIMELY

Give yourself time, but set a deadline.

Week 1 & 2 Goals:

SMART Goals Continued

Week 3 & 4 Goals:

Week 5 & 6 Goals:

Daily Workout: Try 30 minutes a day, 5 days a week.

Excercises:

Get your body moving! Start with 10 minutes and build.

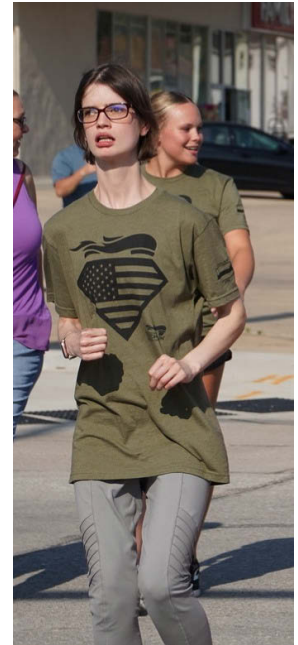
- Walk
- Bike
- Run
- Dance

Cardio

1



3



2



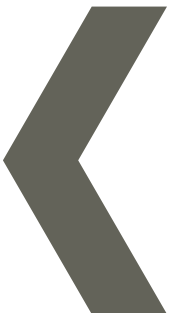
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Healthy
Lifestyle

Benefits of Cardio:

1. Walking every day can enhance your immune system helping your body fight off illness more effectively.
2. Burns calories and reduces heart strain.
3. Strengthens the heart by improving circulation and lowering blood pressure.
4. Can help reduce chronic disease risk such as heart disease, type 2 diabetes and strokes.
5. Helps regulate blood sugar especially after meals.
6. Lowers bad cholesterol (LDL) and increases good cholesterol (HDL).





Stretching and Yoga



Special Olympics
Unified Champion
Schools



Stretching and Yoga

1



Tricep Stretch

3



Chair sit and reach

2



Yoga

4



Group classes

Strong Breathing

Goal

Learn and practice Strong Breathing to help you calm your brain.

Tips to Share

Strong Breathing helps you stay calmer when things go wrong, be steady and ready for challenges, pay attention and focus better. A calm breath is a slow, easy breath that feels relaxing. When you take calm breaths, it can help calm your mind. Taking calm breaths is a skill you can practice every day.

1

Breathe in through your nose.



2

Breathe out through your mouth.

Stretching & Yoga Benefits:

1

Increases flexibility, improves range of motion, and reduces muscle spasms.

2

Yoga poses promote better coordination and balance, which can help with motor skills.

3

A regular stretching routine can improve sleep quality by relaxing the body and mind.

4

Group yoga sessions can provide opportunities for social interactions and community engagement.

5

Stretching can help alleviate discomfort with muscle tension and improve overall physical comfort.

Stretching and Yoga





Arm Weights



1



Push-ups or
Wall Push-ups

3



Lateral Arm Raise

2



Bicep Curls

4



Tricep Curls

Strong Body

Healthy Snacking

Goal

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy.

Tips to Share

Here are a few ideas for tasty snacks that are packed with fruits and vegetables:

- Apples and your favorite nut butter (peanut, almond, sunflower)
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes
- Carrots or peppers dipped in hummus
- Celery with peanut butter and raisins

Make sure you have a healthy snack 2-3 hours before your workout, and 2 hours after your workout!

Benefits:

**Committed +
Disciplined =
Results**

- 1 Lifting weights can improve muscle tone, making daily activities easier.
- 2 Performing push-ups can help improve focus and mental discipline.
- 3 Weight-bearing exercises like lifting can help increase bone density, reducing the risk of osteoporosis.

Exercises:

➤ 5 Days
30 Mins a day

1



Squats

3



Lunges

2



Back Leg Raises

4



Barbell Squats



Leg Weights Continued



Benefits of Leg Weights:

1. Strengthening the leg muscles can enhance balance and stability, which is particularly beneficial for reducing the risk of falls.
2. Improved lower body strength can lead to greater independence in daily activities such as walking, climbing stairs, and standing up from a seated position.
3. Leg weights help strengthen the muscles in the lower body and improve overall mobility.
4. Can help lower stress and anxiety levels.

Leg Weights

Healthy Habits

Cool Down and Post Workout Routine

Goal

When your workout, practice or sport session is complete, you should always cool-down. It is just as important to have a good cool-down as it is to have a good warm-up. A good cool-down allows the body to gradually return to a state of rest.

Tips to Share

A typical cool-down includes light aerobic activity followed by static stretching. The aerobic activity should gradually decrease in intensity/difficulty. It could be a short jog/walk at 50% intensity with some static stretches.

Not sure what stretches to do? Check out the Fit 5 Fitness Cards for Flexibility. These will teach you how to do different upper and lower body stretches. Try to focus on the major muscles that you used during your workout.

After you cool-down, it is important to refuel and rehydrate. Follow the Post-Workout Routine checklist for more tips!.



Hydration Tips!



1



3



2



#GetHydrated



Hydrate with: Water, Electrolytes, and Protein Shakes.

Goal

Your body needs water to keep it working properly. Drink enough water throughout the day to stay healthy, hydrated and perform at your best.

Tips to Share

Water is an important fuel for sports and life. Drinking the right amount of water is important for your health and can help your sport performance.

Did you know that dehydration of 1-2% of your body weight can decrease your sport performance? You lose water every day when you go to the bathroom, sweat, and even when you breathe. If you lose too much water without drinking more, your body won't work as well.

Don't wait until you are thirsty for a drink – drink water before, during and after your workout or sport practice.

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Talk to your coach if you think you are dehydrated. Drink water right away, slow down and cool off.



March Madness Bracket Challenge

**During Week 5 SONE
will send out a March
Madness Bracket!**

**Teams or Individuals
can complete one
bracket and submit
to health@sone.org**



**Follow along and
see if you win the
bracket challenge!**

WHY IS IT IMPORTANT FOR ATHLETES TO PARTICIPATE?

6.5 million people in the United States have an intellectual disability. Through **sports, health, and fitness**, we can change the statistics below for people with ID and become a **stronger, healthier, and more unified community**.

<p>2 TIMES as likely to be OBESE</p>		<p>2-4 TIMES as likely to be less PHYSICALLY ACTIVE</p>
	<p>LIFE EXPECTANCY is reduced by an average of 16 YEARS</p>	
<p>5 TIMES as likely to have DIABETES</p>		<p>2 TIMES as likely to have CARDIOVASCULAR DISEASE & Asthma</p>

You may use this tracker to record your **teams** minutes. Each week the minutes will get **submitted**, which will be emailed to registered coaches and point of contact. We will also accept emailed minutes to health@sone.org

Name	Is this teammate an athlete (A), partner (P), or coach (C)?*	Minutes of Cardio	Minutes of strength training	Minutes of Stretching	Ounces of Water	Submitted

*An athlete is a student with an intellectual disability, a partner is a student without ID

