



# Step Into Action!

## Coaches Guide



# Table of Contents

Introduction .....	3
What is <i>pahl</i> ? .....	4
What is Step Into Action? .....	4
Step Into Action in the Community .....	5
Role of SOO Coaches, Parents, Volunteers and Care Givers .....	5
Coaches Profile .....	7
Goal Setting Guide .....	9
Baseline Measurements.....	22
Model: 5-week Program .....	24
Lesson Plan Template .....	27
Pedometers.....	31
Step Tracking Sheet.....	33
Proper Walking Form .....	35
Walking Safety .....	38
Equipment/Clothing.....	40
Warm-up Guide .....	43
Stretching.....	47
Stretching Guide .....	49
Resource Guide.....	53
Nutrition Guide .....	57

# Introduction

# Introduction

Special Olympics Ontario (SOO) welcomes and thanks you for participating in the *pahl* **Step Into Action** program.

This is your **Step Into Action** Coach's Resource Guide. The document includes the following information:

1. A long-term and short term goal setting guide for your athletes
2. Information on Pedometers
3. Step Tracking Sheets
4. A 5-week Step Program Template
5. A Lesson Plan Template
6. Proper Walking Form tips
7. Walking Safety tips
8. Proper Clothing/Equipment tips
9. A Nutrition Guide

The **Step Into Action** program will supply each Program Leader with the number of pedometers they enter while registering online. Pedometers are to be used by athletes who are active participants in the Step Into Action program, and also, for coaches assisting with the their athletes with the program.

If the Program Leader has any questions while working through the Educator Resource Guide or about the **Step Into Action** Program, please contact:

## **PAHL Program Coordinator**

65 Overlea Blvd., Suite 200

Toronto, Ontario, M4H 1P1

Phone: (416) 447-8326

Toll Free: 1-888-333-5515

Step Into Action website: [step.specialolympicsontario.com](http://step.specialolympicsontario.com)

*pahl* website: [pahl.specialolympicsontario.ca](http://pahl.specialolympicsontario.ca)

### **Special Thank You To:**

**Tameaka Gamble, Melissa Goetting, Josh Nokes, and Wendy Robinson** for overseeing the pilot Walking Program and for all your hard work in helping develop the Step Into Action resource.

**Michelle Commandant** for developing the warm-up exercise list, and designing the layout for this resource.

## What is *pahl*?

**pahl** (Physical Activity and Healthy Living) is an initiative created to promote healthy active living to individuals with an intellectual disability (ID). Like every Canadian, people with an ID need to take `action` to become healthier and more physically fit.

The primary goal of **pahl** is to enhance the ability of athletes to train and compete, and empower people with an ID to invest in their overall health and wellbeing.

To achieve this goal, **pahl** offers a variety programs and resources catering to the Physical Activity and Healthy Living needs of all our stakeholders (i.e., athletes, students, coaches, teachers, parents, volunteers, and care-givers). One program that **pahl** is excited to offer is **Step Into Action!**

## What is Step Into Action?

**Step Into Action** is a program designed to increase the physical activity levels of athletes by taking a `Step` challenge. The `Step` component of the program includes any type of activity that can be measured by a pedometer, such as: walking, jogging, running, participating in sports and dancing.

On the **Step Into Action** website ([step.specialolympicsontario.com](http://step.specialolympicsontario.com)):

- **Athletes** can track their steps, track their nutrition and visually see their progress over time!
- **Coaches, volunteers, parents or care-givers** can download nutrition and physical activity resources, and also, track the progress of all participating athletes!

The **Step Into Action** program supplies pedometers and resources for coaches, volunteers, parents or caregivers to download online. These resources are designed to educate the participants about goal setting, nutrition and physical fitness; with the ultimate goal of helping them along the path of living an active and healthy lifestyle.

Finally, **Step Into Action** aims to develop the participants skills in the areas of: goal setting, goal achievement, responsibility, accountability, and computer literacy.



## Step Into Action in the Community

Community Programs – Special Olympics Sport Clubs and teams, Community Agencies servicing those with an ID – are invited to participate in the Step Into Action. By visiting the website [step.specialolympicsontario.com](http://step.specialolympicsontario.com) the Program Leader can create a challenge according to the ability levels of his/her athletes or community members.

**Step Into Action** offers Pedometers so participants can track their steps per session and monitor their improvement. Encouraging the participants to track their progress during any physical activity will help them be more aware of their bodies and bodily changes. Because of the ease at which this program can be modified it can be done on a one-on-one with a coach, volunteer, care-giver and peer or in a large group. Coaches should feel free to take the foundational pieces of each session (stretch, warm up, health tip, activity) and integrate the activities in the most useful way to benefit you and your athletes or community members.

## Role of SOO Coaches, Parents, Volunteers and Care Givers

### A. Program Leaders

For the purpose of this program, the person who creates a Step Program for their athletes is called a **Program Leader**. A **Program Leader** can be a SOO coach, parent, volunteer or care giver. This individual is responsible for:

1. Creating a Step Challenge for his or her athletes
2. Ensuring his or her athletes keep track of their steps online
3. Encouraging and motivating his or her athletes to achieve their personalized physical activity and nutrition goals.

### B. How to Register and Create a Step Program

Start by visiting the Step Into Action website [step.specialolympicsontario.com](http://step.specialolympicsontario.com). Once on the home page, follow the steps below:

1. To register and create a Step Program for your athletes, click on the Blue button— Create A Program. Once the program is created, a link to that specific program is given to the Program Leader.

The link can then be sent to each of your athletes

The athletes can then simply click on that link and register themselves on their own or with the assistance from another coach, parent or care-giver

2. To download available Step Into Action Resources, click on the Red button— Resources.

## Role of Athletes

### A. Athletes / Step Participants

A **Step Participant** can be a SOO athlete or a community member (SOO athlete or not) with an ID. These Step Participants are responsible to `step into action` and record their steps and nutrition each day.

### B. How to Register

1. An Athlete can be registered in two ways:
  - i. Send the athlete the link for the Step Program the Program Leader created, OR
  - ii. Have the athlete visit [step.specialolympicsontario.com](http://step.specialolympicsontario.com) and click on the Green Button—Track Your Steps
    - i. If the athletes uses this way to register, they will have to choose the program created by his or her Program Leader
2. Once registered, the athlete can track their steps every day and view their progress!

### C. Step Recommendations

In order for the participants to receive maximum benefits from this program, it is suggested the participant is `stepping` for 30 minutes per day, increasing the duration or intensity on a weekly basis. This time allotment is only a recommendation as each participant's needs, abilities and progress will vary from participant to participant.



## Coaches Profile

Name: \_\_\_\_\_

School: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Below, write down what you want to achieve while participating in the **Step Into Action** Program.



# Goal Setting

# Goal Setting Guide

Goal setting is a very important part of your training! Goals give you a clear idea of what you want to achieve and how hard you have to work to achieve your goals. Goal setting is a great way to help motivate you, help you stay focused, and help you maintain your commitment to training.

There are two types of goals, dream-goals and short-term goals, both types are important to have. Dream-goals are set for the future – in this case, we want you to consider the main goal you want to achieve by taking part in the **Step Into Action** Program. Short-term goals are set weekly or at the beginning of each practice. The short-term goals will help you reach your dream-goals by focusing on specific areas of your activities that you would like to improve.

Things to consider when setting goals:

- What do I want to do?
  - Who can help me work towards my goals?
  - How am I going to do this?
  - When do I want to accomplish my goals?
- 
- \* Be very **specific** when writing your goals – this will allow you to develop a picture in your mind of you successfully completing your goal!
  - \* Set **realistic** goals – goals that are difficult enough to push you, yet something you will be able to accomplish with hard work!
  - \* Focus on setting goals that are within your control...how you want to perform and what you want to do!

## Dream-Goals

The first step in goal setting is to set your dream goals for the Step into Action Program.

**My Step into Action goals are:**

**Weekly Goals (Short-term)**

At the first practice of each week, work with your coaches to decide what your goals will be for the week. Write down your goals in the space provided on your weekly goal setting sheet. Take time at the beginning of each practice to review your goals so you know what you want to work towards for that practice. If you and your coaches decide on a new goal specific to that practice, make sure you add it to your book.

At the end of each practice, look at your goals for that week and determine how successful you were in reaching the goals. Feel free to make changes to your goals, adjust them by making them harder or easier.

**Here are a few weekly goal setting examples to help get you started:**

- Before I perform, I will imagine what it's going to feel like.
- For each negative thought, I say 2 positive things.
- I will arrive at least 10 minutes early before each practice.
- I will drink 3 glasses of water before each practice.
- I will eat 4 servings of veggies and 3 pieces of fruit daily.
- I will give my team mates 2 compliments at each practice.
- I will go for a 15 minute walk after supper Monday, Wednesday, and Friday.
- I will go to the gym on my day off for some light workout on the bike.
- I will take the stairs and walk as much as I can.
- I will work on my hamstring stretches every day for 5 minutes by trying to touch my toes.

# Weekly Goal Setting

In Week 1, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Drink plenty of fluids throughout the day, especially water. Choose pop less often, such as once per week.

#### **Strength & Conditioning Tip**

Stretching tip: to get the most gains from stretching, hold for 30 seconds and do this 2-3 times

#### **Mental Training Tip**

Positive thoughts are powerful!

In Week 2, \_\_\_\_\_ (dates) my goals are:

## Weekly Goal Setting

In Week 3, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Include whole grain breads and cereals, whole wheat pasta, rice, vegetables, fruit, beans, peas and lentils to provide you with energy.

#### **Strength & Conditioning Tip**

Warming up for 5 minutes before activity will lower your chances of getting hurt and increase recovery

#### **Mental Training Tip**

Each practice is just as important as any competition...how hard are you training!?

In Week 4, \_\_\_\_\_ (dates) my goals are:

# Weekly Goal Setting

In Week 5, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Choose dark green and colourful vegetables and fruit more often. Have more vegetables than fruit every day.

#### **Strength & Conditioning Tip**

Exercise tip: to tone muscles do 8 to 12 repetitions of a lower weight

#### **Mental Training Tip**

Have fun & enjoy every moment of this experience .... It is a privilege to train and compete for Team Ontario!

In Week 6, \_\_\_\_\_ (dates) my goals are:

## Weekly Goal Setting

In week 7, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Choose healthy snacks more often, such as veggies, fruit, low-fat yogurt and cheese, hot-air popcorn, or a handful of unsalted nuts.

#### **Strength & Conditioning Tip**

Did you know that you can train your balance by standing on one leg and holding for 15 seconds?

#### **Mental Training Tip**

Focus on how you want to perform (technique, personal bests, etc.)... and not the outcome of the competition (medals, placing).

In Week 8, \_\_\_\_\_ (dates) my goals are:

## Weekly Goal Setting

In Week 9, \_\_\_\_\_ (dates) my goals are:

### **Tip of the week**

#### **Nutrition Tip**

Choose a variety of low-fat meat and alternatives, such as different kinds of fish, chicken, turkey, pork, beef, and beans, peas and lentils.

#### **Strength & Conditioning Tip**

Working your abdominal muscles will help you stay strong in sport, and will also help you with every day activities.

#### **Mental Training Tip**

How you feel and what you say to yourself will impact your performance – training your thoughts and emotions to help you perform takes time...keep working on it!

In Week 10, \_\_\_\_\_ (dates) my goals are:



## Weekly Goal Setting

In Week 11, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Remember to eat a healthy balanced breakfast every day. This will help improve your concentration, reduce hunger, and help you maintain a healthy diet. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt and yogurt shakes, cheese, and eggs.

#### **Strength & Conditioning Tip**

“Stressors” are things that can distract you from your training. Pay attention to make sure that you are getting enough sleep, eating well and keep your social life in check to lower your stressors.

#### **Mental Training Tip**

Always desire to learn something useful.

In Week 12, \_\_\_\_\_ (dates) my goals are:

# Weekly Goal Setting

In Week 13, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Add berries into your yogurt, smoothies, pancake batter, or into muffins. This is a great and easy way to get all of your fruit servings for the day.

#### **Strength & Conditioning Tip**

Everyone is different, so some may improve at faster rates than others. Do not get discouraged. Continue on with your training and maximize your potential.

#### **Mental Training Tip**

One way to keep momentum going is to have constantly greater goals.

- Michael Korda

In Week 14, \_\_\_\_\_ (dates) my goals are:

## Weekly Goal Setting

In Week 15, \_\_\_\_\_ (dates) my goals are:

### Tip of the week

#### **Nutrition Tip**

Remember to eat a VARIETY of foods because no single food is perfect.

#### **Strength & Conditioning Tip**

Flexibility training will leave you feeling nice and refreshed. Yoga is a great morning workout, and will leave you feeling great for the rest of the day.

#### **Mental Training Tip**

What you do today can improve all your tomorrows.

- Ralph Marston

In Week 16, \_\_\_\_\_ (dates) my goals are:

## Weekly Goal Setting

In Week 17, \_\_\_\_\_ (dates) my goals are:

### **Tip of the week**

#### **Nutrition Tip**

To be healthy, you must eat healthy

#### **Strength & Conditioning Tip**

Power training can help you jump higher, turn faster and do more explosive movements.

#### **Mental Training Tip**

Each practice is just as important as any competition...how hard are you training!?

In Week 18, \_\_\_\_\_ (dates) my goals are:

# Weekly Goal Setting

In Week 19, \_\_\_\_\_ (dates) my goals are:

## Tip of the week

### **Nutrition Tip**

Enjoy eating well, being active and feeling good about yourself.

### **Strength & Conditioning Tip**

If you want to be faster, you have to train faster. To be powerful, train powerfully. Train how you want to compete.

### **Mental Training Tip**

Positive thoughts are powerful!

In Week 20, \_\_\_\_\_ (dates) my goals are:

# Baseline Measurements

# Baseline Measurements

It's a good idea to record basic measurements at the beginning, end and at times throughout the program to track any physiological changes and improvements the participants may have.

Simple measurements such as height, weight, waist circumference and heart rate will reflect any improvements the participants are seeing.

**Height** – measure height at the beginning and end of the program. Any weight gains may be attributed to an increase in height.

**Weight** – tracking the participant's weight over monthly over the duration of the program will track the participant's weight loss or gain. You can use this measurement along with waist circumference and heart to see if the intensity of the program needs to be increased or not.

**Waist circumference** – waist circumference is an optimal way to measure the fat around to abdomen. Just measuring one's weight alone gives an overall idea of body weight, but does not differ between (heavier) muscles mass and fat mass. Measuring the waist circumference measures the fat around the abdomen and is a great way to track progress of any weight loss.

To measure the waist circumference properly one should measure it with the tape around the waist at the tops of the hip bones (iliac crest). For simplicity it can also be measured at the belly button. Whichever method you choose, stick with that method to ensure reliable and viable results.

**Heart Rate** – taking heart rates during each session should reveal that after a period of time the participants resting and exercise heart rates are lower than at the beginning of the program. The maximum heart rate can be determined by subtracting your age from 220 (220-age = heart rate max).

# Model: 5-week Program



## Model: 5-week Program

The following is a model to follow for the first 5 weeks of the program:

### Week/Session 1

Topic	Objective
Baseline measurements	Take baseline measurements for all athletes and record. Inclusive of waist circumference, height, weight, and sit and reach
Walking Form	Overview proper walking form- heads up, shoulders back, regular step length, eyes look 15-20 feet a head, walk for recommended 20 minutes
Equipment/Clothing	Pedometers and shoe tying
Nutrition	Importance of water
Heart Rate	Overview and introduce palpating for heart rates

#### Pre -exercise questions to the athletes

1. What is exercise for everyday living?
2. What do you think you will gain from this?
3. How do you feel about exercise? Do you like it? Why?
4. What do you do now for exercise? How many think you have to sweat to exercise?
5. How many of you ask for a ride to your friend's house or to the mall? Who knows the distance to walk around the track once?)

### Week/Session 2

Topic	Objective
Walking	+/- 20 min walk
Equipment/Clothing	Appropriate Clothing
Nutrition	Fruits and Vegetables
Games	Introduce Stretching and Breathing, incorporate some games

### Week/Session 3

Topic	Objective
Walking Form	Stride length and leg turnover, walk +/- 20 minutes
Equipment/Clothing	Appropriate shoes
Nutrition	Meats, Eggs, and Alternatives
Games	Balance and Flexibility Activities, other games

**Week/Session 4**

<b>Topic</b>	<b>Objective</b>
Walking	Walk 20+ minutes
Walking Safety	Personal and physical safety while walking
Nutrition	Dairy products and sugary drinks
Games	Balance/flexibility/proprioception games

**Week/Session 5**

<b>Topic</b>	<b>Objective</b>
Walking	Walk 20+ minutes
Walking Safety	Review walking safety
Nutrition	Grains, Cereals and fats
Games	Choose a fun game to play

**Rewards**

Rewards will keep the participants motivated and excited about the program.

The following outlines an example reward system:

**Action Point Reward System**

**1 Action Point** for recording their steps each day

**1 Action Point** for 'Stepping' for 20+ continuous minutes a day

**1 Action Point** for 'Stepping' every day of the school week

**+1 Action Point** for the bonus challenge (Program Leaders choice)

- The athletes can receive an additional **Action Point** for completing an additional goal (which could be anything the Program Leader/educator see's appropriate. Ex. playing a soccer game, walking to school, achieving their weekly stepping goal)

# Lesson Plan Template

## **Lesson Plan Template**

This is your lesson plan template that you can use before each practice. It is an easy and simple way of outlining your plan for the practice. It will keep you organized and help you be better prepared for practices. This will also keep the athletes on track with their training for this program, help them live healthy lives.

# Lesson Plan Template

(Example)

**DATE:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Review of last week’s nutrition, activities and healthy lifestyle choices:**

---

---

**Nutrition Topic of the Week (choose from suggestion list):**

---

---

---

---

**Warm Up Activity:**

---

---

---

---

**Walk (check):** \_\_\_\_\_

**Duration:** \_\_\_\_\_

**Physical Activity/Game(s) (choose from suggestion list):**

---

---

---

---

**Cool Down/Stretch:**

---

---

**Notes/Other:**

---

---

---

---

# Pedometers

# Pedometers

## Purpose of a Pedometer

A pedometer is a device that calculates the number of steps taken by a person. It is an effective way of tracking the number of steps taken in a day. A person can wear the device all day, every day or they can wear it to record their daily walk. The intent for this program is to have the participants become familiar with their daily routine and become mindful of how many steps they take on a daily basis. The long term goal is to make the participants aware of their daily physical activity level. The coaches, parents or care givers should discern depending on the participant's abilities whether or not the pedometers are taken home and recorded or just recorded throughout the day. It should also be decided whether the pedometer should be worn every day, or one day a week.

## Pedometer Use

A pedometer is clipped onto a person's waistband and counts the number of steps taken during their daily activity. As a part of this program it will be important for the athletes follow these three steps:

1. Wear your pedometer during your daily routine or once a week.
2. Record the number of steps taken at the end of the day or walk in your tracking sheet.
3. Achieve daily goal of at least 6,000 steps a day. The optimal step count per day is 10,000

## Wearing the pedometer properly

1. Find the part of your waistband or belt that is directly over your knee, and secure the pedometer at that exact location.
2. Wearing your pedometer in the middle or too far on the side of your pants will affect the accuracy of the reading.
3. To check if your pedometer is working correctly, press reset and walk 30 steps.
4. Stop, check the pedometers readings. If the pedometer reads 27-33 steps, then the pedometer is relatively accurate.



# Step Tracking Sheet

# Step Tracking Sheet

Week	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							

# Proper Walking Form

# Proper Walking Form

Before implementing changes and providing suggestions to improve the athletes walking form, you need to observe them as they currently walk. The most effective way of doing this will be to observe the athletes walking form in an open area (outside of a classroom) and pin point specific areas for improvement. This observation strategy will give additional information about their posture and form, which will in turn allow you to make suggestions. To execute this lesson, we will emphasize walking short distances and checking their pedometers (if pedometers are used).

## Proper walking form

- Eyes forward looking about 15-20 feet ahead,
- Shoulders in line over the hip,
- Ears in line with the shoulders
- Arms are at their sides and do not cross the mid-line when in motion.

Slowly start with a warm-up walk. The arms move parallel to the side. Gradually increase the pace of walking until everyone is comfortable with the pace. Group leaders may need to be appointed because of different paces. When the athlete moves forward the arms do not swing in front of the mid line of the body.

## Activity 1

- **Objective:** Observe each of the athletes walking patterns and gaits, and correct improper forms.
- **Materials:** Dixie cups or small foam balls.

## **Instructions:**

The athletes will be given large plastic cup to tuck underneath their chin. When holding the cup under their chin, their eyes are directed upward and forward, and the upper body straightens. At this point gravity will no longer pull them slightly forward. The corrected position will allow for faster walking as they are able to direct the most force beneath the foot to propel forward. This strategy will hopefully encourage them to increase their walking pace and decrease the risk of falling and tripping.

**Activity 2**

- **Objective:** To educate athletes of the proper stride length (short and long)
- **Materials:** None

The participants will be encouraged to keep their normal walking stride throughout the program. For those athletes who need more of a challenge: they will be encouraged to go faster. They can do this by shortening their step length and speed up the pace between the strides.

- Play the metronome game for pacing cueing

**Metronome Game**

- **Objective:** This is a very simple game to play that encourages listening skills and helps develop and increase walking pace, as well as balance and to a lesser extent proprioception.
- **Materials:** Metronome

***Metronome Game***

- Set the volume on the metronome as loud as it will go.
- Set the pace on the metronome to 25 beats per minute (bpm). The athletes move forward one step for every beat. This is a very slow pace, and makes them control their steps. Observe.
- Change the pace in increments of 10 bpm every 2 minutes. 35, 45, 55, 65, 75bpm and so on.
- Observe the participants for form and ability. As the bpm increases so does the difficulty. Have the participants try the best they can.
- Holding the metronome walk just ahead of everyone else so while listening to the beats they can follow your footsteps as well.

# Walking Safety

# Walking Safety

**Objective:** It is important to educate the participants on personal and physical walking safety.

**Materials:** Refer to pg. 28 for the walking safety activity sheets

Here are some important points of interest:

1. Never talk to strangers if you are by yourself.
2. Always cross at the lights or at a corner. Never jaywalk or cross against the lights.
3. Make eye contact with the car driver before you start to cross the road.
4. Stay on the sidewalk. The road is for cars.
5. Pick a route with lots of streetlights.
6. Wear bright colours during the day.
7. Always tell someone your route, and stay with it.
8. Tie your shoes in double knots
9. Bring a water bottle with you (even in the winter).
10. Wear sunscreen all year.
11. Wear clothing with reflective material on at night.

# Equipment/Clothing



# Equipment/Clothing

**Objective:** Educate athletes on proper clothing for different situations.

**Materials:** Different seasonal items you can wear (ex: hat, mitts, rain boots, etc.) and activity sheets (pg. 36)

## Appropriate clothing for walking:

- Make sure clothing is the proper size to prevent chafing
- Ladies should be wearing a supportive sports bra
- Clothing should be suitable for the day/season. During winter, clothing should consist of the following items: hat, gloves, scarf, winter jacket, and warm boots.
- For safety, wearing bright colours during the day and reflective clothing at night will help you be seen by traffic.
- Indoor/outdoor wear
- Follow the schools uniforms guidelines

## Weather Bag Clothing Association Game

This activity works on the athletes' ability to associate the difference between different weather conditions and seasons and the appropriate type of clothing that should be worn.

Have a bag filled with different types of clothing and outerwear that would be worn for different seasons. Pull out one item from the bag at a time and have the athletes identify the weather conditions/season that they would wear the item in. As each item is pulled from the bag, either hold it up or put on the item as it would be worn.

### **Item Suggestions:**

Winter hat

Scarf

Boots

Mittens

Sunglasses

Sunscreen

Flip Flops

Running shoes

Baseball Hat

**Shoe tying**

- The shoe fits properly for walking /running if there is thumb width length from your longest toe to the end of the shoe. The big toe is not always the longest toe.
- Do not check the toe yourself, someone standing in front and facing you should bend down and do it.
- Before you start your walk or your run, tie your laces in a double knot. If you have Velcro shoes make sure the Velcro is snug and fastened down.
- The best socks for any sport or exercise are not made out of cotton. Smart wool and cool max socks move the sweat to the shoe and keep the feet dry and warm.
- Shoes should be replaced at least once a year or every 800km (500 miles). Often they look good on the top but may have lost the ability to absorb the impact of the foot strike.
- Any foot problems should be referred to your doctor and he will refer you on to a specialist.

# Warm Up Guide

# Warm-up Guide

## **Walking Warm-Up**



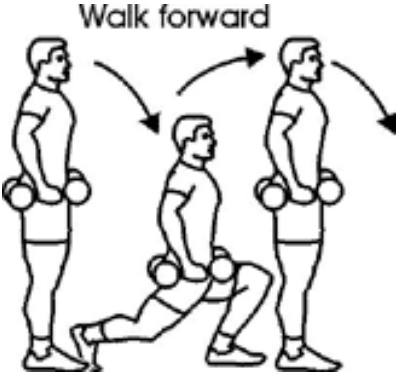
While walking as a group in a large circle, begin to add in different forms of activity and movement. Add in modifications to ensure that everybody can participate safely. Examples include arm circles (forward/back), side shuffling, high knees (walk or gallop), skipping, jogging, swimmer arms, power walking etc.


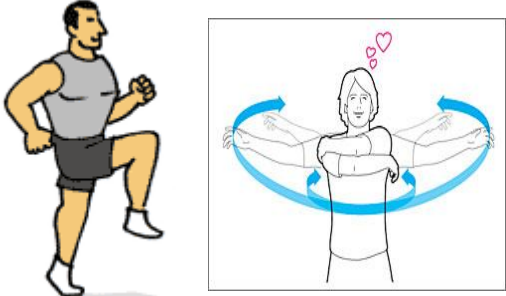
## **Wall Sits/Squats and Push-Ups**

This is a great way to encourage muscle work for those who have not been exposed to it before. Have the entire group find a place against the wall and when ready, everybody slides down into a squatted position and maintains it, engaging the muscles to hold that position. Slowly increase the amount of time the position is to be held with each wall squat.

For the wall push-ups, count out loud and have everybody do it together. Walk around and observe to ensure proper technique. Slowly increase the amount of repetitions each time.

## Warm Up Exercises

Exercise	Picture	Explanation
Walking, Running, Skipping		5 minutes just to get the blood flowing
High Knees ( 10 m, there and back)		At about a skipping pace, travel ten metres 'running' with high knees – bringing each knee toward your chest with each step. Repeat this going back to the start.
Bum Kicks (10 m, there and back)		At about a skipping pace, travel ten metres 'running' while kicking your legs backward as if to kick yourself in the bum. Repeat this going back to the start.
Walking Lunges		Starting in an upright position, take a large step forward and bend your front knee to 90 degrees and bringing the back knee toward the floor – do not let the back knee touch the ground. Push off the BACK leg, and bring that leg forward so you are standing upright again. Step forward with the 'back' leg and repeat for 5 repetitions.

<p>Squats</p>		<p>Starting in an upright position, bend at the hips and knees as if you were sitting in a chair. Do not let your knees go past your toes. Repeat for 5 repetitions.</p>
<p>Skipping with Arm Hugs</p>		<p>Travel about ten metres with skipping while swinging your arms in front of you as if you were going to hug yourself. Continue this coming back to the start.</p>

# Stretching

# Stretching

**Objective:** Introduce the athletes to a couple basic stretches that focus on major muscle groups of the body. By repeating the stretches weekly throughout the program the athletes will know what and why they are stretching and will gain the knowledge to be able to stretch outside of the classroom and Step Into Action.

**Materials:** Stretching/yoga mats if available

## Arm circles

- **Why:** Gets blood flowing to the upper extremities and warms the muscles up.
- **How:** Stand straight, with arms pointed straight out to the sides. Rotate the arms in a circular motion, alternating forward and backward movements.

## Modified hurdler:

- **Why:** Primarily stretches the hamstrings, while also stretching the calves and low back muscles.
- **How:** Sit down and extend the right leg straight out in front of the body. Bring your left foot over to the right knee so the bottom of the foot is resting against the side of the knee. Reach for your toes on your right foot with your right hand while keeping the right knee flat on the floor. Alternate legs.

## Quad Stretch

- **Why:** Stretches the quadriceps.
- **How:** Stand on your left foot and raise your right foot back towards your behind. With your right hand pull the right foot towards the buttocks. Alternate legs.

## Wall stretch

- **Why:** Stretches the calves.
- **How:** Place your hands against the wall, shoulder width apart. Move the left foot forward and bend the left knee. The right foot approximately 15 inches behind the left foot. Keep the right leg straight. Lean your weight into your hands on the wall, keeping your left knee bent and your right leg straight.



**Breathing**

- For 1-3 minutes breathe deeply while raising and lowering arms. Raise arms on each inhale and lower them during exhalation.

*After the participants are comfortable with the stretches have them take turns leading the stretches and counting out loud.*

**Balance/Proprioception Activities**

After stretching balance and proprioception activities can be introduced to test and improve the participants balance and body awareness.

- **The windy tree** – athletes stand on one leg with their hands forming a circle above their heads. As they try to balance the group leader will walk beside each participant and lightly nudge them so they must try to balance themselves as if the wind was blowing the tree over.
- **Left/Right** – the object of this activity is to improve coordination and balance. One partner will call out right or left while facing their partner. The other athletes will side step to whatever direction is called; moving only one foot. (Ex. Right is called. Athlete takes a step with their right foot to the side without moving their left)
- **All fours** – instruct all athletes to go on their hands and knees. Call out to lift their right and left hands and feet. For beginning stages of this exercise begin calling out to lift one limb. As the exercise progresses call out to lift either left leg and right arm, or right leg and left arm.

**Optional Exercises for those who are ready for a more advanced challenge**

- **Inch worm** – start in stand position, bend over so hands are touching the floor and move your hands forward until you assume the push up position. As soon as you reach the push ups position start stepping your legs forward until you are back to the folded starting position. Move back to the push up position and continue this cycle.
- **V-Sit** – start by sitting down and hugging your knees to your chest. From there slowly lift your legs off the ground and away from your body and lean your torso back slightly. Your upper legs and torso should form a v – shape. The narrower the V the easier the exercise, the wider the V the harder this activity gets.


# Stretching Guide

## Arm circles

- **Why:** Gets blood flowing to the upper extremities and warms the muscles up.
- **How:** Stand straight, with arms pointed straight out to the sides. Rotate the arms in a circular motion, alternating forward and backward movements.


## Modified hurdler:

- **Why:** Primarily stretches the hamstrings, while also stretching the calves and low back muscles.

Hamstrings		<p>Sit on the floor with both legs out in front of you. Bring one foot in and place it on the inside of your other leg. Slowly bend forward at the hips and reach toward the toes on your out stretched leg. Hold for thirty seconds and then repeat with the other leg.</p>
------------	---	--


## Quad Stretch

- **Why:** Stretches the quadriceps.

Quadriceps		<p>Standing, bend one knee and bring heel to your bum. Hold onto your foot with your hand. Hold for thirty seconds then repeat with the other leg. This stretch can also be done while lying on your side.</p>
------------	---	--


**Wall stretch**

- **Why:** Stretches the calves.

<p>Calves</p>		<p>Stand facing a wall. Bring one leg forward and place toes on the wall, and your heel on the ground – your foot should be on an angle in contact with the wall and the floor. Slowly lean forward. You should feel the stretch in your calf. Hold for thirty seconds then repeat with the other calf.</p>
---------------	---	---

**Gluteal Stretch:**

- **Why:** Stretches out your bum

<p>Gluteals</p>		<p>Sit on the ground with both legs extended in front of you. Bending at the knee, slide one leg toward your body. Place your leg on the other side of the extended leg. Place your opposite arm on the outside of the bend leg. Gently push your arm against your leg feeling the stretch in your bum. Hold for thirty seconds, and then repeat with the other leg.</p>
-----------------	--	--

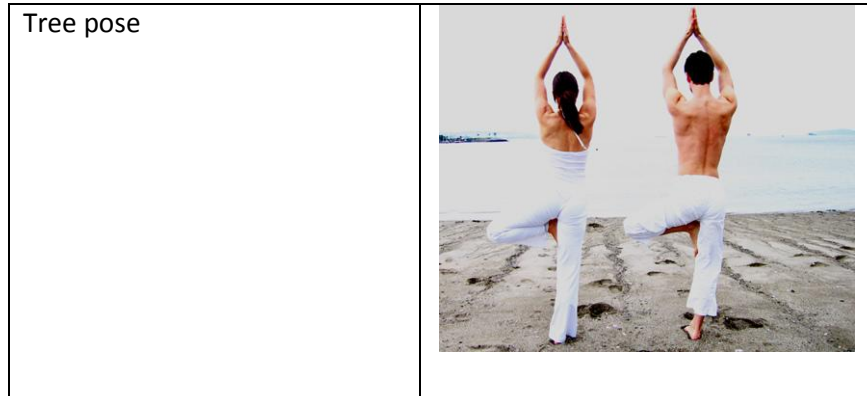
**Breathing**

- For 1-3 minutes breathe deeply while raising and lowering arms. Raise arms on each inhale and lower them during exhalation.

### **Balance/Proprioception Activities**

After stretching, balance and proprioception activities can be introduced to test and improve the participants balance and body awareness.

- **The windy tree** –stand on one leg with your hands forming a circle above your heads. As you try to balance the group leader will walk beside each participant and lightly nudge them so you must try to balance yourself as if the wind was blowing the tree over.



### **Optional Exercises for those who are ready for a more advanced challenge**

- **Inch worm** – start in stand position, bend over so your hands are touching the floor and move your hands forward until you assume the push up position. As soon as you reach the push ups position start stepping your legs forward until you are back to the folded starting position. Move back to the push up position and continue this cycle.
- **V-Sit** – start by sitting down and hugging your knees to your chest. From there slowly lift your legs off the ground and away from your body and lean your torso back slightly. Your upper legs and torso should form a v – shape. The narrower the V the easier the exercise, the wider the V the harder this activity gets.



# Resource Guide

# Resource Guide

## **Walking Warm-Up**

While walking as a group in a large circle, begin to add in different forms of activity and movement. Add in modifications to ensure that everybody can participate safely. Examples include arm circles (forward/back), side shuffling, high knees (walk or gallop), skipping, jogging, swimmer arms, power walking etc.

## **Pictionary**

Simple, fun and educational game that will test, teach, and reinforce the participants' knowledge of a healthy lifestyle and physical activity.

### **To Play:**

Choose a participant to start with drawing a picture that they believe depicts a healthy lifestyle and physical activity. As they draw the other participants can guess as soon as they think they know what it is. After the correct guess is made open up that topic for discussion as to why it is an important part of a healthy lifestyle.

## **Wall Sits/Squats and Push-Ups**

This is a great way to encourage muscle work for those who have not been exposed to it before. Have the entire group find a place against the wall and when ready, everybody slides down into a squatted position and maintains it, engaging the muscles to hold that position. Slowly increase the amount of time the position is to be held with each wall squat.

For the wall push-ups, count out loud and have everybody do it together. Walk around and observe to ensure proper technique. Slowly increase the amount of repetitions each time.

## Josh Says

Touch your toes (both hands touch or one hand touches to opposite foot), touch your head, reach over your head and touch your opposite (or same) shoulder, touch your knee with the opposite hand, reach back and grab your ankle, be a crane (then gently nudge your partner), lift your knee, kick your butt, jump up and down, touch the sky...be creative.

## Balance/Flexibility/Proprioception Games

**Over/under** – all athletes stand in one straight line. The athlete at the front of the line starts with the ball between their legs to the person behind them. Then the second athlete reaches down to get the ball and then must pass their ball over their head to the athlete behind them. That athlete gets the ball and passes it between their legs to the person behind them. Repeat this process down the line.

*\*\*instead of passing over the head and under the legs, rotating the upper body to one side to pass the ball without moving the feet can also be done.*

**One football pass** – in pairs the athletes must stand on one leg and pass a ball back and forth. Switch feet halfway through the activity.

**One foot stick pull** - still in pairs the athletes will each have one end of a meter stick (*or any object that the athletes can pull on*). While on one foot the athletes will gently tug on their end of the stick trying to try and get their partner off balance.

## Heart Rate and Function Demonstration

**Objective:** The purpose of this exercise is to provide a simple explanation of how the heart works it reacts to exercise.

**Materials:** 1 balloon slightly inflated to about the size slightly larger than a fist.

The function of the heart is explained as being a pump to move the blood all around the body; the pump is a muscle called a heart. The blood enters the heart and fills the heart chamber (open the hand and the balloon is filled with air). When the heart chamber fills up and there is no more room for more blood, it squeezes the blood into the veins and arteries. (The hand squeezes the balloon flat). The athletes are then told the pressure from the heart squeezing the blood pushes the blood throughout the body into the arteries and veins, returning to the heart and re-filling the chamber. The heart then fills again. (Open the hand around the balloon.)

The demonstrator opens and closes the hand around the balloon multiple times to simulate the pumping action of the heart.

After the concept of normal heart rate (beat) is taught and the participants grasp the concept, the effect of exercise on heart rate is then introduced. To demonstrate how the heart speeds up during exercise, the hand is opened and closed around the balloon at a much faster rate. The concept of feeling for their own pulse rate can be introduced at this time. Each athlete can be taught where to feel for a pulse rate on their own body. It helps them to make a connection as to why they are exercising their bodies, if they can feel the heartbeat. The act of teaching how to find the pulse rate can be demonstrated either by feeling for the carotid artery pulse or wrist pulse. Each athlete should be assisted in finding and feeling their own so that they are better able to understand that each feel of the pulse beat is a heartbeat.



# Nutrition

## Nutrition Guide

In the following chart, you will see how many servings from each of the four food groups you should try to eat every day. As you eat a food or drink from each of these groups, check off a box in your Daily Tracking Tool to see how you are doing at eating the right number of foods from each of the food groups! Try to check off all the boxes in the Daily Tracking Tool, without having extras. If you find that you are not eating enough from some food groups, or you are eating too much food from some groups, you can try to work on changing what you eat so that the number of boxes you check is the same as the recommended number.

To find out what a serving is from each of the food groups, look at the examples on the next few pages.

<b>Recommended Food Guide Servings Per Day</b>	
<b>Food Group</b>	<b>General Guidelines</b>
Vegetables & Fruit	7-10
Grain Products	6-8
Milk & Alternatives	2-4
Meat & Alternatives	2-3



## Vegetables and Fruit

Choose at least 1 dark green vegetable and 1 orange vegetable daily.

1 serving = 1 medium fruit, ½ cup vegetables or fruit					
	=			=	
Apple		Baseball		Broccoli	Light bulb

### Examples of Vegetables and Fruit:

Cucumber	Orange	Banana	Strawberry	Blueberry
Raspberry	Blackberry	Tomato	Potato	Salad
Carrot	Beans			



## Grain Products

Grain products give you energy. Choose whole-grain products when possible.

1 serving = 1 slice of bread or ½ small bagel		1 serving = ½ cup of pasta or rice	
Slice of Bread		CD Case	
Rice		Spaghetti	
		Fist	

### Examples of Grain Products:



Cereal



Bread/Toast



Pita Bread



Bagel



Rice



Pasta







Baguette



### Milk and Alternatives

Milk and alternatives are excellent sources of protein and calcium. Choose low or non-fat when possible.

1 serving = 1 cup or 250ml milk or milk alternative		1 serving = 50 g of cheese	
			
Milk	Soy or rice beverage	Cheese	2 Domino pieces

#### Examples of Milk and Alternatives:



Milk



Cheese



Yogurt








Soy Beverage



### Meat and Alternatives

Meat and alternatives are sources of protein.

1 serving of meat:			1 serving of eggs:	1 serving of peanut butter:
	=	 r		 = 
Meat	Deck of of your	Palm cards hand	2 Eggs	2 Tablespoons Ping-pong ball

### Examples of Meat and Alternatives:



Beef



Pork/ham



Fish



Chicken/Turkey



Beans



Canned Fish



Nuts



Tofu



## Fluid Intake

It's important to stay hydrated throughout the day so that you can perform at your best!

1 serving of fluids = 1 cup or 250ml of water, juice, milk, sport drinks or other fluids. Pop, coffee and tea do not count towards your fluid intake.



8 ounces or 250 ml of fluid will equal 8 gulps!

### Examples of Fluids:



Water



Juice












Milk









Sport drinks

Choose “more often” foods more often and “less often” foods less often!

‘More Often’ Foods	‘Less Often’ Foods
   	    

# Daily Tracking tool – Date: \_\_\_\_\_

Today my goal is: \_\_\_\_\_

	Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Meal #6
Vegetables 			<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	
Fruit 	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Grain Products 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
Milk & Alt. 	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Meat & Alt. 	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Fluids 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Foods I ate:						

\* Food options can be moved from one meal or snack to another.

\* Bring fluids and a healthy snack to all events.

## Daily Survey

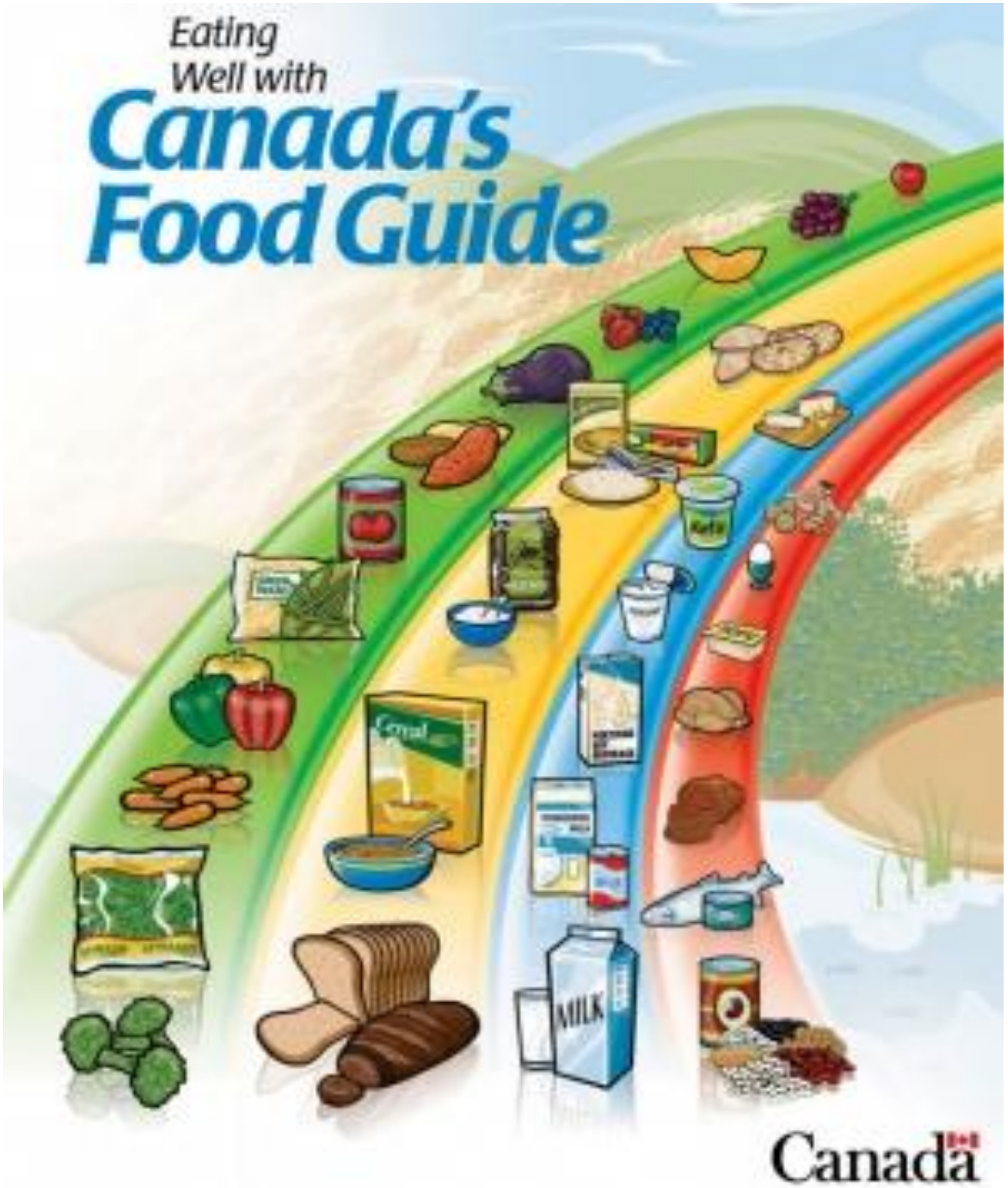
Compared to yesterday, **TODAY**,

- My day is 1 – 2 – 3 – 4 – 5
- My energy level is 1 – 2 – 3 – 4 – 5
- I feel well rested 1 – 2 – 3 – 4 – 5
- My muscles feel 1 – 2 – 3 – 4 – 5
- I am prepared for practice 1 – 2 – 3 – 4 – 5
- I am glad to be at practice 1 – 2 – 3 – 4 – 5
- At practice I worked hard 1 – 2 – 3 – 4 – 5

\* Circle number that best represents how you feel TODAY \*

Other physical activities I did today:





Use the Canadian Food Guide to refer to as you teach lessons surrounding nutrition.

### **Water**

The goal of this nutrition component is to stress the importance of drinking water. Emphasises should be placed on consuming a minimum of 8 servings of water a day. A regular 8oz. cup equals one serving and a 500ml water bottle counts as 2 serving. It is important to drink 8 servings to stay hydrated throughout the day as your body uses water to cool the body down. Exercise increases our need to drink more water to replace fluid lost because of sweat. Maintaining a healthy hydration level is essential to learning and exercise.

The best way to know if you are drinking enough is to look at the colour of your pee in the toilet. It should be clear or a light yellow. If it's dark yellow you need to drink more. Pop and other carbonated drinks don't replace water as a serving.

### **Fruits and Vegetables**

- Fruits and vegetables have vitamins and minerals that our bodies need.
- Fruits and vegetables come in many different shapes and sizes and many different colours.
- Candy, chips and pop contain very few vitamins and minerals and are high in sugar and/or fat.
- Initiate conversation about what they had in their lunches that day. Make suggestions based on Canada's food Guide on how to improve choices.

### **Meats and Alternatives**

- Follow Canada's Food Guide with portion sizes of meats, eggs, and alternatives.
- Interactive discussion on what kinds of meats and proteins they have been eating.
- Suggest healthy protein snacks. Nuts, cottage cheese with fruit, and yogurt.
- Initiate an interactive discussion on snacks – focusing on protein containing snacks. (If so did they enjoy eating it, if not how come they have not tried them yet, etc.)
- Ask what they think and feel about the kinds of food they are eating.
- Initiate conversation with the athletes about the kinds of dips or sauces they have been using and teach them which ones are healthier. Show them the portion size suggested for healthy eating.

### **Dairy Products**

- Initiate conversation with the athletes starting with the question ‘what is your favourite drink’? Guide the conversation towards dairy products and use Canada’s Food Guide as your reference.
- Review key vitamins in this food group and identify them.
- Key components - Calcium, Vitamin D (sunshine vitamin), protein, carbohydrates, fat.

### **Grains, Cereals and Breads**

- Initiate conversation with athletes discussing the difference between a grain and cereal.
- Following Canada’s Food Guide recommendations of 6-7 servings a day
- Review the athletes’ knowledge: benefits whole grains and fibre, (nutrients haven’t been processed away, flavour, takes longer to digest, full feeling, takes longer to chew.)
- Identify the type of energy grains provide (carbohydrates, easiest source of energy for body to use)