

Virtual **MOVE**ment engages Special Olympics Maryland athletes, families, Unified ® Partners, and volunteers in fun at-home opportunities to improve overall health and fitness, encourage virtual socialization, and promote physical activity.

MOVE Meetings are weekly group fitness experiences offered on Fridays at noon over Zoom. Each session will last roughly 10-15 minutes and led by a Special Olympics Maryland Health Messenger, staff member, or celebrity guest coach! Using Fit5® resources as a guide, fitness coaches will lead group participants through a fun at-home workout emphasizing flexibility, endurance, or strength.

Interested in being one of our Move Meeting Coaches?

Email SOMD Healthy Communities Manager, Ben Varga (bvarga@somd.org), and use the guide below to help you put together your fitness class!

Coach Responsibilities

MOVE Meeting Fitness Coaches must commit to the following:

- Lead at least 1 *Move Meeting* Session for a live group over Zoom (all take place on Fridays at noon)
- Using Fit5® materials and other resources, develop a 20 minute group fitness lesson
- Send Ben Varga class plan no later than 1-week in advance of your scheduled *Move Meeting*
- You must have access to a computer with reliable internet and webcam.
- Provide your own equipment, including music, to run your *Move Meeting*. Please make sure music is appropriate!

Move Meeting Content Guidelines

Exercise Categories: Each **Move Meeting** should consist of exercises fitting into one of these categories.

Flexibility

Endurance

Strength

Duration: Each **Move Meeting** should be between 10-15 minutes long.

Space and Equipment: Exercises should be able to take place in a standard room in someone's home. Exercise equipment should not be needed, but you can think creatively and include objects that people would typically find around their homes.

Move Meeting Outline:

1. Introduction (30 sec.)
2. Warm Up (1-2 min.)
3. Fitness Content (4-8 Exercises or steps to a routine) (6-7 minutes)
4. Cool Down Activity (1-2 min.)

Skill Level: **Move Meetings** are open to participants of all abilities. Try gearing your exercise plan to an intermediate skill level, and try to think of variations to challenge more advanced participants, or help beginning athletes find greater success!



Example *Move Meeting Plan*

Session Theme:

Flexibility

Endurance

Strength

Introduction:

Hi, my name is Jeff, and I am an athlete from Frederick County! I compete in tennis, and today we will be doing exercises focused on increasing our strength! Before we begin, let's say the Special Olympics Athlete Oath!
Please repeat after me:

Let me win;

But if I cannot win;

Let me be brave in the attempt!

Warm Up:

Dynamic Stretches:

Jogging in place (20 sec)

Jumping Jacks (3 sets of 10 Jumping Jacks)

Arm Rotations– Forward and Back (20 sec.)

Body Weight Exercises– 3 total sets of 10 each

1. Standing Wall Push-Ups
2. Standing Air Squats
3. Knee-Touch Sit Ups
4. Standing Front Kicks
5. Sanding Lunches
6. Standing Side to Side Kicks

Cool Down:

Static Stretches

Touch your toes and hold (no bouncing!)

Butterfly

Side to Side Leg Stretch

Closing:

Great work, everyone! Thanks for participating today– I hope you had as much fun as I did! We will be doing this next Friday at 12:00pm, so please come back and join us!