



# 90 DAY CHALLENGE

90 Day Fit 5 Fitness Challenge



## 90 Day Fit 5 Fitness Challenge

*Did you know that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change? The 21/90 rule states that once you have established a habit, you can turn it into a lifestyle change by completing your established goals for 90 Days.*

**WHAT:** Special Olympics Maryland Challenges you to a 90 Day Fit 5 Fitness Challenge designed to encourage athletes to create a healthier lifestyle by meeting their [physical activity](#), [nutrition](#), and [hydration](#) goals for 90 days. Participants will track their progress using the attached activity logs and will be encouraged to post accomplishments on social media.

**WHEN:** Saturday March 19<sup>th</sup> – Friday June 17<sup>th</sup> (Lead up to Special Olympics Maryland Summer Games 2022)

**WHO:** All SOMD athletes and family member are encouraged to sign-up and participate! Registration can be for a singular participant or for a team up to 10 people.

### HOW:

**Step 1 – Register** by visiting this [LINK](#)

Information that you'll need: Participants Name, Email/ Contact Info, Age Group, and Local Program.

**Step 2 - After registering**, participants will keep track of their [physical activity](#), [nutrition](#), and [hydration](#) goals on the corresponding trackers.

### Nutrition Recommendation/ Guidelines:

Eating right is important to your health and your sports performance. Eating right can be easy because there are so many delicious and healthy choices. A healthy diet includes foods and beverages from all food groups:

- **Vegetables**— Including broccoli, carrots, peppers, beans, squash, spinach, and salads
- **Fruits**- especially fresh or frozen fruit including apples, bananas, oranges, kiwi, berries
- **Grains** - at least half of which are whole grain. Including: brown or wild rice, whole grain bread, pasta, crackers
- **Dairy** - including fat-free or low-fat milk, yogurt, cheese, and lactose-free or fortified soy beverages and yogurts
- **Meats & Beans** – Protein includes lean meats, poultry, eggs, seafood; beans, peas and lentils; nuts, seeds and soy products
- **Oils** - including vegetable oils and oils in food such as seafood and nuts
- **Water** – Drink at least 5 bottles of water each day for proper hydration.



## Physical Activity Guidelines/Recommendations

According to the Physical Activity Guidelines for Americans:

- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:
  - Aerobic: Most of the 60 minutes or more per day should be either moderate- to vigorous intensity aerobic physical activity.
  - Muscle-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
  - Bone-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week
- Adults should do at least 150 minutes to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
  - Older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.



## Resources for Participants

### SPECIAL OLYMPICS MARYLAND Virtual MOVEment

Weekly virtual fitness classes and recordings

[www.virtualsmd.com](http://www.virtualsmd.com)



### INSTRUCTIONAL VIDEOS –



[Unified Fitness Kit Cards](#)



[Fit 5 Guide](#)



[School of Strength](#)



WWE Superstar Drew McIntyre takes you through 10 exercises from the [Unified Fitness Kit Cards](#) that will help improve endurance, strength, and agility.

Good for a full body workout using a variety of equipment that can get you moving. Moderate Intensity All Ability Levels 15-30 minutes.

### SPECIAL OLYMPICS PARTNER RESOURCES –

#### [Hip Hop Public Health](#)

[Hip Hop Public Health Resources](#)

[Hip Hop Public Health HYPE at Home](#)



#### [Build Our Kids Success \(Build Our Kids Success \(BOKS\)\)](#)

[BOKS at Home](#)

[BOKS YouTube](#)

