



Nutrition: It's never too late to change how you eat so you can feel healthy and be fit for sports. There are lots of things you can do to eat healthy. Eating five or more servings of fruits and vegetables is one of them!

http://media.specialolympics.org/soi/files/healthyathletes/Health_promotion_brochure_give_me5.pdf

Handwashing: Almost every household in the world has soap, yet handwashing with soap at critical times is not widely practiced because it is simply not a habit. It is important to review with Special Olympics athletes germs and their transmission, handwashing frequency and proper technique and the behavior practiced.

http://media.specialolympics.org/soi/files/healthyathletes/How_To_HandWash_Poster.pdf

Sun Safety: It is so wonderful to be outside on a beautiful day with the sun shining all around you. Have you ever wondered why some people get sunburned on such a beautiful day? The sun produces powerful rays called ultraviolet (UV) rays that penetrate your skin and cause changes to occur. One of those changes causes the skin to turn red and burn. While some exposure to sunlight can be enjoyable and fun, too much can be dangerous. Overexposure to the UV radiation in the sunlight can result in a painful sunburn.

http://media.specialolympics.org/soi/files/healthyathletes/Health_promotion_brochure_sun_safety.pdf

Special Smiles: The most important part of maintaining good oral health is a person's daily oral hygiene and diet. Brushing, rinsing, a healthy diet and, if possible, flossing, will not only enhance a person's smile and self-esteem but also can avoid problems in the future. Everyone, regardless of their ability, should brush or have their teeth brushed at least twice each day. Flossing and rinsing are equally important.

http://media.specialolympics.org/soi/files/healthyathletes/Special%20Smiles_Good_Oral_Health_Guide.pdf

Hydration: A good goal is to drink 8 - 10 glasses of water a day. When you have Special Olympics practice or games, you need to drink even more. When you are at a Special Olympics competition, it is very important to drink enough water so you can do your best. Here are some guidelines for drinking water when you are at a competition.

http://media.specialolympics.org/soi/files/healthyathletes/Health_promotion_brochure_H2O_to_go.pdf

Healthy Strong Bones: You need strong bones to stand up straight, keep from getting hurt and prevent a disease called osteoporosis. Your bones look like a sponge. Strong bones look like a dry sponge before you add water. They have tiny air pockets and are dense and hard to break or bend. It's hard to tell if you have strong bones or not with your eyes and you don't feel when your bones are getting weak. There are few warning signs to let you know that you may be developing weak bones or osteoporosis. But you can do something about it! Follow the four steps to building strong bones to keep your bones as strong as they can be!

http://media.specialolympics.org/soi/files/healthyathletes/FUN_fitness_brochure_bone_builders.pdf

Smoke Cessation: If you quit smoking, you will feel better and becomes an addiction, which makes it hard to quit. Studies show you double your chances of quitting with medication

and coaching. The Arkansas Tobacco Quitline helps you make a personal quit plan and provides additional information. <http://www.stampoutsmoking.com/wp-content/uploads/2013/08/ATPC-23917-YOUR-HEALTH.pdf>

Fitness: Recommend 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Regardless of your current activity level. There are plenty of ways to get moving and some may even surprise you! It's time to be active, get healthy, and have some fun! <http://www.fitness.gov/be-active/ways-to-be-active/>