



## HIGH 5 FOR FITNESS

### What is *High 5*?

**High 5 for Fitness** is a set of resources to help youth ages 8-21 take control of their fitness. Being fit means eating well, drinking plenty of water, and moving 60 minutes or more every day. **High 5** is designed to increase knowledge and awareness of healthy behaviors, and engage youth in physical activities to improve flexibility, strength, and endurance. The **High 5** resources are inclusive, for youth with and without intellectual disabilities. The information below is designed to help parents, families, and caregivers champion their child's pathway to fitness.

### High 5 Resources

**High 5 Guides** offer information about physical activity, nutrition, and hydration that is easy to understand for all age groups. Simple health tips plus weekly and monthly trackers help youth set goals and monitor their progress.

**High 5 Cards** include a variety of exercises that target flexibility, endurance, and strength and progress through three levels (Basic, Intermediate and Advanced). The cards have photos and short instructions to help youth follow along easily.

**High 5 Videos** are a complementary resource to the *High 5* cards and provide demonstrations of each exercise, with music provided by [Hip Hop Public Health](#) and a timer/counter to help youth keep track of how long they perform each exercise.

### Ways to Use *High 5*

- Families can integrate **High 5** as a regular fitness routine, playtime at home, replace screen time with active time, or as a daily nutritional guide for healthy eating. Discuss health tips such as eating from all five food groups and encourage your child to be a part of meal planning, shopping, and food preparation using the **High 5 guide**.
- **High 5 cards and videos** can be used to meet the recommended 60 minutes a day of physical activity and challenge your whole family to progress to higher levels of the exercises using proper form!
- Encourage your child to use the weekly tracker or 12-week tracker in the **High 5 guide and cards** to set fitness and health goals and monitor their progress.
- Create a family wellness challenge using the **High 5 guide**. For example, schedule a week's worth of activities designed to reach 60 minutes of physical activity daily or plan meals to eat a variety of foods from all five food groups a day.

### Additional Resources

- [Special Olympics Unified Activity Plans](#) – 60-minute lesson plans featuring sports skills and fitness drills using **High 5**
- Educator's Guide to support the use of **High 5** resources at school
- Survey to share feedback on **High 5** resources [HERE](#)
- Check out more Special Olympics Fitness resources [HERE](#)