

Some Health Tips from Our Friends at the Special Olympics

2/23/2012

Nutrition after an athletic event is an important factor in staying healthy. Here are some great tips:

- Snack -15-30 minutes after an event, eat a small snack to begin to regain your energy! Applesauce, cottage cheese and fruit, chocolate milk, low-fat cheese and crackers, or graham crackers are all great choices.
- Meal - One to two hours after the event eat a full meal. Give your body back all the energy it lost during exercise by eating a balanced meal filled with carbohydrates, protein, and fat.

Going out to a restaurant is fun and convenient however, it's not always easy to eat healthy. Here are some helpful tips to:

- Drinks: Low fat milk and water are the best choices
- Salads: Pick salads with lots of vegetables and less cheese. Ordering low fat salad dressing on the side lowers the fat of the meal and lets you decide how much you use.
- Main Dish: Look for items that have been grilled, baked, or broiled. Avoid fried foods. Try lean meats like turkey, chicken or sirloin steak, or choose seafood. When ordering pasta, stick to red sauces instead of white and cream sauces.
- Side dishes: Try ordering a baked potato, steamed vegetables, or fresh fruit in place of french fries.
- Dessert: Fresh fruit is always a great option to order for dessert. Frozen yogurt and soft serve ice cream are delicious choices.

Try to do 15 minutes of activity at least four times a week and you will be well on the way to a healthy lifestyle. Pick from these activities and don't forget to stretch before you start:

- Stretching – do this before any activity!
- Walking Stairs - take the stairs instead of the elevator, or just walk the stairs at home.
- Shuttle Run - mark off a distance at least 10 meters with boundaries marked at each end. Run between the boundaries twice, and time how long it takes.
- Dribbling a basketball ball or soccer ball
- Running, Hula Hooping , Twister, Jump Rope
- Freeze Tag - Need a large space. Pick one person in the group to be “it”. Then mark off a territory that everyone must stay within. The person that is “IT” says “go”, and then tries to tag another player. When a player gets tagged they must balance on one leg. To be unfrozen someone not “IT” comes and stands in front of the frozen player balancing on one leg for 5 seconds. The game ends by a time limit or when everyone is unfrozen.
- Get some friends together for a friendly Soccer Game

Sources-American Council on Exercise; Centers for Disease Control and Prevention; National Institute for Aging; National Institute of Health.