



### **Alternate Health and Fitness Club Ideas:**

*Following the completion of Healthy Lifestyles, each Health and Fitness Coordinator is expected to submit Health and Fitness Club summaries within Special Olympics Pennsylvania's [Online Portal](#) in the "Athlete Leadership Opportunities" tab once every 6 months.*

*At minimum, Health and Fitness Clubs should be a walking activity at least once a month that all athletes, volunteers, unified partners and family members can participate in. This idea sheet is here however to help any Health and Fitness Coordinator that is interested and able to do more!*

#### **Winter**

- Is your club looking for something to do on Martin Luther King Jr. Day? Google to see what organizations nearby need volunteers to help them during this day of service. This is a great way to give back to the community!
  
- Do you have a snow day? Find a nearby park with a big hill and go sledding! Or bundle up in warm clothes and go for a walk in the snow together? Get your club together and shovel your walkways!
  
- Are you looking to keep better track of your physical activity and maintain your New Year's resolution? Download So FitNow on your iPhone or Android. You can input how many fruits and vegetables you have eaten, how much water you drink, and what type of exercise you have done that day. You can sign up for SO FitNow with help from your local program. Encourage your club to do this with you!
  
- Take your club to your local grocery store to plan out healthy meals for the week and meet with a dietitian.
  - Click [here](#) for information to visit a Weis Market Dietitian
  - Click [here](#) for information to visit a Shop Rite Dietitian
  - Click [here](#) for information to visit Giant Food stores dietitian
  
- Plant an indoor Garden! Take the scraps from lettuce, potatoes, or seeds from foods you have eaten and plant them in small pots. Make sure to put them on a windowsill so they get lots of sunlight and keep them out of the cold.
  - Click [here](#) on more information on scrap garden
  
- February is American Heart Month. Get together and participate in a cardio heart healthy exercise class together. Classes could be held at your local YMCA, or fitness gym. Or try a virtual class and watch together as a group.
  - Click [here](#) for virtual fitness classes
  
- Plan an indoor group walk. Visit an indoor mall or local YMCA with an indoor track and walk along with your club members inside.
  
- Try a new activity like ice skating! Google search for the closest indoor or outdoor ice skating rink near you and schedule a time to meet with the group to skate together. If you have never skated before it may be fun to learn a new activity together.
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser
  
- Are you feeling like you need some time to relax? Get your club together in quiet indoor space at a local gym or community center and try a yoga or meditation class

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## **Spring**

- Is the rain keeping you from going outside? Google some nearby museums in your county and gather your club to go and walk around! Many museums in Pennsylvania have free admission. Just make sure to Google first.
- Looking for something to take the rainy day blues away? Go onto YouTube.com and look up fitness classes! Just a reminder you will need a computer with WiFi or TV, open space and you might want to bring a towel or mat to lie on.
- Are the birds chirping outside? Google the closest park or trail, gather your club and go bird watching. Ask everyone to bring a healthy snack after you walk around finding birds. Remember, its best to be quiet when looking for birds or else they will fly away.
- Looking for something fun to do on a beautiful sunny day? Google some free historic places and parks in your county and create a scavenger hunt for you and your club to complete!
  - Click [here](#) for scavenger hunt ideas
- May is "National Physical Fitness and Sport Month." Share the love of sport and fitness with others by bringing a friend or family member along to the next club event. Along with other club members enjoy a walk or activity with someone you care about.
- Looking for a way to track your clubs health and physical activity this month? In the additional resources tab there is a pre-test and post-test that your club should take at the beginning and end of this month to document their change in health and physical activity.
  - Click [here](#) for the pre and post test

## **Summer**

- Are you looking to get outside for some fresh air? Google how close your local park is and if there are sidewalks to bike, scooter, or rollerblade on, gather your club, and ride down to your local park and bring a healthy snack to refuel when you get there.
- Do you need a good book for the summer? Google to see if your local library is within walking distance, bring your club, and take a walk over! If you don't have a library card, they are free to residents so this is a great time to pick one up!
- Is it too hot outside? Are you and your club looking for a way to cool off? Google the hours of your community pool, get your club together, don't forget your towels and sunscreen, and go get some laps in!
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser
- Another fun idea to do as a group is a visit to a local mini golf or put-put course. Meet as a club and have fun and maybe even try for a hole in one!
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser
- Is your club looking to stretch their legs and get their steps in? Google how close the nearest park is to your organization, and see if they have hiking trails. This is a great way to explore nature while getting your steps in.
  - Click [here](#) for a list of hiking trails in Pennsylvania

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- Is your club looking for some variety in your activities? Google how close you are to your local zoo and take your club to walk around. Are the animals getting their 5 servings of fruits and vegetables each day?
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser
- Are you looking for some good quality fresh summer fruits and vegetables? Look up an event calendar to see when your county or community is having a flea market or farmers market, and tell your club. This would also be a great chance for you to talk to local farmers about how to get more fruits and vegetables into your diet!
- Do you want to spend time with your club before the summer is over? Google the closest park to you, gather your club and a blanket and have a picnic. Tell each member to bring a healthy snack to share.
- Do you have an old Frisbee or ball laying around? Gather your club, head over to your local park and have a catch! Or try a game of Frisbee golf! Look up a local course on google.

## **Fall**

- Did you know September is "Better Breakfast" month? Bring your club together and discuss ways you can improve what you are eating for breakfast. Encourage each member of your club to bring an example of a "Better Breakfast."
- Football season is underway! See if you can get a space donated by a community center or church to watch the big game! Encourage your club to wear their favorite teams jersey's and bring a healthy snack to share.
- Is your club looking for a better way to communicate about events? Designate one person to create a Facebook group for your club. This person could be in charge of posting #WellnessWednesday's and details about club get togethers!
- Is your club looking for something fun to do on a nice fall day? Get your club together and visit a pumpkin patch! This is a great way to get fresh air and maybe find some perfect pumpkins to make into Jack o'lanterns!
- The leaves are turning and falling all over! This is the perfect time for you and your club to grab some rakes and rake leaves! This is a great way to get some physical activity and have some fun by jumping in the piles of leaves.
- October is "National Mental Illness Awareness" month. Discuss with your club ways you can focus on having strong minds and managing stress. Some ways to do this include: meditation, exercise, good nutrition, and support from friends and family.
  - Click [here](#) for stress management resources
- A fun fall idea is apple picking! Visit a local apple farm. Google for one in your area, and enjoy picking apples together as a group. When you return home look up some healthy apple recipes and share ideas with your fellow athletes!
- Is it getting too cold to exercise outside? Ask your local church or YMCA if your club can use one of their rooms or gyms, go on YouTube.com, and search for Zumba classes! Just a reminder you will need a computer with WiFi or TV and water to stay hydrated!
- Bundle up and find your way! It's that time of the year when corn mazes appear! Google to see if a local farm is hosting a corn maze or hay ride. This is a great way to get some steps in and enjoy the fresh fall air.

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- November is “Good Nutrition” month. Get your club together and discuss healthy recipes. Sign up and try a virtual cooking class and enjoy cooking together! Virtual cooking or in person cooking class
  - Click [here](#) to sign up for free virtual cooking classes
- Host a “Clubsgiving!” Ask a local church or community center if they would be willing to donate a room for your club to use. Encourage each member of your club bring a healthy food to share with everyone. This would also be a great time to reflect on what you are all thankful for.
- Is your club looking for a place to get their energy out? Trampoline parks are a great way to get your energy out, get a great workout in, and have a great time. Pick a time and get your club together to jump around!
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser
- Looking for some indoor exercise ideas. Reach out to a local karate studio, dance studio or even yoga studio and ask if they would offer a trial class for your club to participate in. Karate, dance and yoga are all great ways to stay active and while having fun together!

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