

VIRTUAL SUMMER GAMES HEALTHY ATHLETES



Now more than ever, it's important to focus on your health! As you train and practice for Virtual Summer Games at home, make sure you're taking steps to stay healthy. Use this Healthy Athletes calendar to stay on track by completing one simple healthy action every day! Cross off each day as you go!

APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
Stretch your hamstrings by reaching to touch your toes while standing.	Eat five vegetables.	Floss your teeth. Try doing this every day.	Turn down the volume while watching TV or listening to music to protect your ears.	Trim your toenails to help keep your feet healthy. Try doing this once a week.	Do some deep breathing. Inhale and fill your lungs up, then exhale to release. Repeat 10 times.	Drink five bottles of water.
APRIL 27	APRIL 28	APRIL 29	APRIL 30	MAY 1	MAY 2	MAY 3
To work on balance, stand on one foot for 15 seconds and then switch to the other foot.	Take a 20 second eye break after 20 minutes reading or playing video games.	Eat five fruits!	Wash your nails with soap and water.	Take a break from noisy activities to give your ears some quiet time.	Drink five bottles of water.	Speak words of kindness to yourself! Say three nice things about yourself.
MAY 4	MAY 5	MAY 6	MAY 7	MAY 8	MAY 9	MAY 10
Do something you love – draw, color, do a puzzle, read, get outside, listen to music or journal.	Make sure the volume is at a safe level when listening to music.	Wear sunglasses when you go outside. Don't have sunglasses? Try a baseball hat!	Brush your teeth twice in a day! Try doing this every day.	Do twenty jumping jacks!	Eat five vegetables.	What are two things you are grateful for? Discuss with a friend or family member.
MAY 11	MAY 12	MAY 13	MAY 14	MAY 15	MAY 16	MAY 17
Check in with a friend or family member. Let them know how you're doing.	Eat five fruits!	Take a 20 second eye break after 20 minutes reading or playing video games.	To work on balance, stand on one foot for 15 seconds and then switch to the other foot.	Drink five bottles of water.	Apply sunscreen before going outside.	Wash your nails with soap and water.