

wic **Wellness** Works
presents the
**wic Olympic
Games**
employee training guide





a WIC team effort

Are you looking for a creative and fun way to be active? Could you use a little support from coworkers to get into an exercise routine?

The WIC Wellness Works program is pleased to offer the WIC Olympic Games – a 6-week competition filled with activities for every fitness level. Whether your goal is to begin getting more activity into your day, add a new twist to your fitness routine, or just bond with your coworkers, the WIC Olympic Games has something for everyone.



Weekly Olympic events are designed for beginners, as well as more experienced exercisers. Participate individually and with fellow coworkers to log exercise minutes. Additionally, local agencies may compete against each other in the **Global Competition** of the WIC Olympic Games.

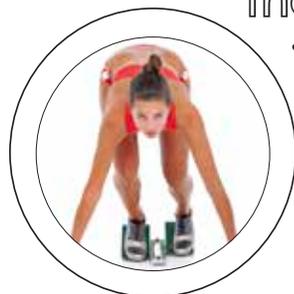


“The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.”

— Pierre de Coubertin, French educator and historian, founder of the International Olympic Committee

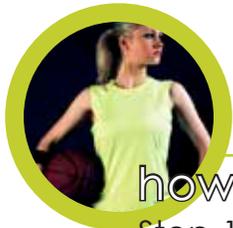
WIC Olympic Games are for everyone!

Work together to create a fun, team-building atmosphere to support each other as you incorporate regular exercise into your daily lives. Whether you are an experienced exerciser or beginner, you choose the level that best fits your ability.



the rewards

- Change your physical activity habits
- Experience what it is like to make changes
- Gain confidence in your physical abilities
- Be ready to “pass it on” by sharing your experiences with your WIC participants



how to participate

Step 1: Compete in the Weekly Olympic Events

Each clinic can compete in the WIC Olympic Games. Even though the activity only takes a few minutes of your time, you will receive 20 minutes of activity to count towards your weekly total if you participate in the Olympic event for that week. These will be fun modifications of the traditional Olympic events, designed to be done safely at the clinic. Your clinic coordinator will provide you with specific instructions for how to perform these activities.

- Week 1 Gymnastics - Hula Hoop or Jumping Jacks
- Week 2 Track & Field - Long Jump or High Jump
- Week 3 Aquatics - Water Polo or Water Balance Game
- Week 4 Track & Field - Discus or Javelin
- Week 5 Weight lifting - Push-ups or Wall squats
- Week 6 Athletics - Basketball or Volleyball

Step 2: Log Additional Minutes Doing Exercises of Your Choice

In addition to the weekly event, you should walk, swim, cycle, dance or participate in whatever type of physical activity you enjoy that will move you forward, helping you earn more minutes of exercise. Track your progress in minutes and log exercise time inside this Employee Training Guide.

each week you have a chance to earn a bronze, silver, or gold medal:



Bronze Medal – logs 60 minutes (1 hr.) of activity per week



Silver Medal – logs 150 minutes (2 hrs. 30 min.) of activity per week

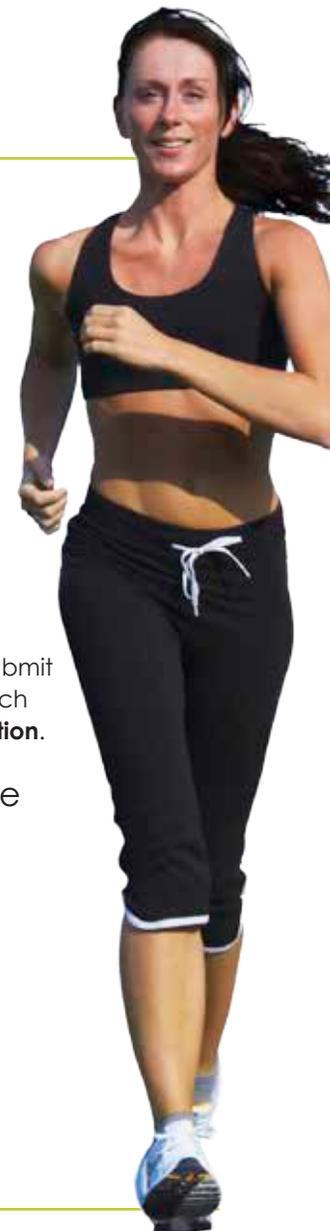


Gold Medal – logs 300 minutes (5 hrs.) of activity per week

For some interagency fun, the **Global Competition** features a tracking system for clinic coordinators to submit their employees' total number of exercise minutes each week to help their agency win in the **Global Competition**.

Preparing for Your Exercise Challenge

- Hydrate before you start exercising.
- Wear comfortable shoes.
- Start exercising at an easy pace. Keep the intensity low at first then gradually work harder over several sessions.
- End your exercise session at a slower pace; cool down and don't stop abruptly.
- Stretch your major muscle groups before and after exercise.





safe walking

When walking outside, keep these tips in mind:

- Tell someone at work or at home what your expected walking route will be and how long you expect to be gone.
- Walk with a friend to increase safety and social support.
- Avoid walking at night, but if you do, wear reflective clothing and walk in a well-lit area with other people nearby. If at all possible, go with someone else or walk indoors.
- Carry some form of identification and a cell phone in case of an emergency.

If you are unable to participate in the group Olympic games and you would like to do the game on your own time to earn 20 minutes of activity, obtain instructions for the game from your clinic Team Captain. Note: Even if the Olympic game is only for 1 minute, You may still log 20 minutes of activity for participating.



week 1: gymnastics — hula hoop or jumping jacks

In the chart on the next page, describe the exercise type, location and the number of minutes you exercise per day. As you exercise throughout the week, record your daily total number of minutes exercised in the far right column.

Turn the page to see the sample chart provided.



training tips of the week

Warming Up and Stretching

Warming up is important for everyone because it will help increase heart rate and raise the core body temperature. Beginning an event or any physical activity without a warm up increases risk of injury and pulled muscles. Warm ups should be about 5-10 minutes and include some stretching to help loosen up your muscles.

Benefits of Stretching

- **Flexibility** — Stretching can help improve flexibility. Better flexibility may improve your performance in physical activities and decrease your risk of injuries by helping your joints move through their full range of motion.
- **Improved circulation** — Stretching improves circulation of blood to the muscles and joints. Increased blood circulation more efficiently brings nutrients to our cells and removes waste by-products.
- **Better posture** — Tense and tight muscles contribute to poor posture, which in turn can affect the functioning of our internal organs, along with our appearance. Stretching the muscles of the lower back, shoulders and chest can help keep the back in better alignment and improve posture.
- **Relaxation and stress relief** — Stretching, done properly, helps to relax tense muscles, which result from stress. The feeling of relaxation brings a sense of well-being and relief from tension.

Additional Stretching Tips

- Stretch just until you feel the stretch, and then hold the stretch in that place.
- Stretch gently and smoothly. Do not bounce.
- Stretch on both left and right sides.
- Breathe naturally. Don't hold your breath.

week 1 goal (circle):

BRONZE
(60 min.)

SILVER
(150 min.)

GOLD
(300 min.)

	Type of Exercise	# of Sessions x Minutes/Session	Daily Total Minutes
Sun	walking — nearby park	30	30
Mon	walking — work	2 X 10 each	20
Tues	Exercise video — lunch Hula hoop for 1 minute	30 20	50
Sun			
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			

*Don't forget to track your progress on the clinic chart to compete in the Global Competition.

Weekly Total _____

Olympic trivia

Did you know:

The Olympic rings represent the union of five

continents – Europe,

Asia, Africa, Australia,

and the Americas. The

colors **red**, **black**, **green**,

blue, and **yellow** were

chosen because at

least one of the colors is

found in the flag of every

nation.



week 2: track and field —
long jump or high jump

week 2 goal (circle):

BRONZE
(60 min.)

SILVER
(150 min.)

GOLD
(300 min.)

	Type of Exercise	# of Sessions x Minutes/Session	Daily Total Minutes
Sun			
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			

*Don't forget to track your progress on the clinic chart to compete in the Global Competition.

Weekly Total _____



training tips of the week

Benefits of Breathing

- **Breathing comes to us so naturally** that we rarely notice or even think about our breathing. Breathing affects every part of the body; oxygen is fuel for the brain and every cell of the body. Breathing is important during exercise and is also a way to relax and focus the mind. Many forms of exercise and meditation focus on proper breathing techniques like T'ai Chi and yoga. Controlled breathing helps manage anxiety, asthma, high blood pressure, and stress.
 - **Breathing and Exercise:** Ever catch yourself holding your breath when you are doing an exercise? Your body needs to take in oxygen and release CO₂ to function properly. The oxygen you inhale is taken to your brain and muscles to replenish what they have lost and also to create the energy needed to continue exercising. When you hold your breath you run out of energy much faster, so proper breathing can improve the efficiency of your workout. Improper breathing can also have dangerous effects on your health (e.g. increased blood pressure, side pains, hyperventilating, unsafe increase in heart rate). While you are running or doing those sit-ups, remind yourself to breathe!
 - **Breathing and Stress:** When your body becomes stressed, your breathing patterns change. Usually your breath becomes shorter and more shallow. This kind of breathing is not healthy for your body and can prolong the feelings of anxiety. Learning to control your breathing is crucial. Focus on breathing all the way to the depth of your stomach with deep breaths in and deep breaths out. Do this for 10-20 minutes in a relaxed and quiet environment to help your body recover from stress.
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Olympic trivia

Did you know:

The Olympic torch is rekindled using the sun's rays and a concave reflective mirror.





week 3: aquatics — water polo
or water balance game

week 3 goal (circle):

BRONZE
(60 min.)

SILVER
(150 min.)

GOLD
(300 min.)

	Type of Exercise	# of Sessions x Minutes/Session	Daily Total Minutes
Sun			
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			

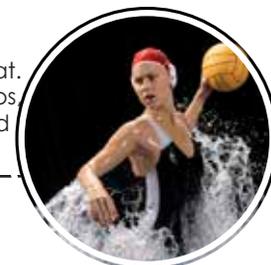
*Don't forget to track your progress on the clinic chart
to compete in the Global Competition.

Weekly Total _____

training tips for the week:
hydration

While exercising outdoors, we need to take precautions to avoid dehydration. Heat dehydration is most common during the hot months—which can be any month in Texas. Sun and intense heat cause us to lose salt and water from sweating too much. This loss is the reason for dehydration, leading to painful muscle cramps, heat exhaustion, and even heat stroke. Signs and symptoms of heat-related illness include muscle cramps, nausea or vomiting, weakness, headache, dizziness, and confusion. If you develop any of these symptoms, it is important to immediately lower your body temperature and hydrate. Remember to keep in mind that proper hydration is needed every month of the year. Even though you may not feel hot, your body still needs fluid!

- Watch the temperature and humidity. Humidity can lead to extra water loss. Any temperature over 91 degrees is considered extremely dangerous.
- Hydration, hydration, hydration. Drink plenty of water (16 ounces) 1-2 hours before your activity and 4-5 ounces every 20 minutes. You can consider a sports drink if you plan an intense exercise longer than 1- hour.
- Dress properly. Wear lightweight, loose-fitting clothes. Avoid dark colors and layers.
- Protect your skin. Wearing a hat, sunglasses, and sunscreen can help protect your skin and eyes from the sun. Being sunburnt can increase your risk of dehydration.
- Know your limits. If you are not usually an outdoor runner, take it slow the first time you brave the heat. If you start to feel light-headed, get muscle cramps, or feel nauseous, stop immediately to hydrate and cool down.



Olympic trivia

Did you know:

A footrace was the only athletic event at the first ancient Olympic Games.



week 4: track and field — discus or javelin

week 4 goal (circle):

BRONZE
(60 min.)

SILVER
(150 min.)

GOLD
(300 min.)

	Type of Exercise	# of Sessions x Minutes/Session	Daily Total Minutes
Sun			
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			

*Don't forget to track your progress on the clinic chart to compete in the Global Competition.

Weekly Total _____



training tips for the week: healthy eating

Fueling the Olympic Fire: Healthy Eating

- **Start your day with breakfast.** Breakfast fills your "empty tank" to get you going after a long night without food. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit or whole-grain waffles.
- **Snack Smart.** Snacks are a great way to refuel. Choose snacks from different groups – a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.
- **Balance your food choices.** Don't eat too much of any one thing. You don't have to give up foods like hamburgers and sweets. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamin C and A, iron and calcium from a variety of foods. Balancing food choices according to the MyPlate food icon and checking out the Nutrition Facts Panel on food labels will help you get all these nutrients.
- **Eat more whole grains, fruits and vegetables.** These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Try whole-wheat versions of your favorite bread, cereal, rice, or pasta. Bananas, strawberries and melons are some great tasting fruits. Try vegetables raw, on a sandwich or salad.

- **Foods aren't good or bad.** A healthy eating style is like a puzzle with many pieces. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods in moderation. What makes a diet good or bad is how foods fit together. Balancing your choices is important.
- **Keep a food diary.** Studies show that writing down what you eat and drink helps you make better food choices.

Olympic Trivia

Did you know: In ancient Olympic Games a winner received a crown made from olive leaves, and he could have a statue of himself made in Olympia.





week 5: weight lifting —
push-ups or wall squats

week 5 goal (circle):

BRONZE
(60 min.)

SILVER
(150 min.)

GOLD
(300 min.)

	Type of Exercise	# of Sessions x Minutes/Session	Daily Total Minutes
Sun			
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			

*Don't forget to track your progress on the clinic chart to compete in the Global Competition.

Weekly Total _____



Olympic trivia

Did you know:
There are six
grams of gold
in a gold
medal.



training tips of the week: strength training

Strength training is a type of training that uses weights for resistance. Strength training challenges your muscles by providing a stress to the muscle that causes it to adapt and get stronger, similar to the way aerobic conditioning strengthens your heart. Weight training can be performed with free weights, such as barbells and dumbbells, or by using weight machines.

You do not have to be in the weight room for 90 minutes a day to see results. For most people, short weight training sessions several times a week are more practical than are extended daily workouts. You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week. That frequency also meets activity recommendations for healthy adults, which call for strength training at least twice a week — in addition to at least 150 minutes a week of moderate aerobic activity.

Lean muscle mass naturally decreases with age. If you don't do anything to replace the muscle loss, it will be replaced with fat. Strength training can help you reverse the trend — at any age. And, weight training offers important health

benefits when done properly. However, it can lead to injuries, such as sprains, strains and fractures, if it's not done correctly. For best results, consider these basic strength training principles:

- **Learn proper technique.** If you're a novice, work with a trainer or other fitness specialist to learn correct technique. Even experienced athletes may need to brush up on their form from time to time.
- **Do a single set of repetitions.** Theories on the best way to approach weight training abound, including countless repetitions and hours at the gym. But research shows that a single set of 12 repetitions with the proper weight can build muscle efficiently in most people and can be as effective as three sets of the same exercise.
- **Use the proper weight.** How do you know what's the proper weight? It's one that's heavy enough to tire your muscles after about 12 to 15 repetitions. You should be just barely able to finish the last repetition.
- **Start slowly.** If you're a beginner, you may find that you're able to lift only a few pounds. That's OK. Once your muscles, tendons and ligaments get used to weight training exercises, you may be surprised at how quickly you progress. Once you can easily do 12 repetitions with a particular weight, gradually increase the weight.
- **Take time to rest.** To give your muscles time to recover, rest one full day between exercising each specific muscle group. You might choose to work the major muscle groups at a single session two or three times a week — or plan daily sessions for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs, and so on.





week 6: athletics —
basketball
or
volleyball



week 6 goal (circle):

BRONZE
(60 min.)

SILVER
(150 min.)

GOLD
(300 min.)

	Type of Exercise	# of Sessions x Minutes/Session	Daily Total Minutes
Sun			
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			

*Don't forget to track your progress on the clinic chart to compete in the Global Competition.

Weekly Total _____





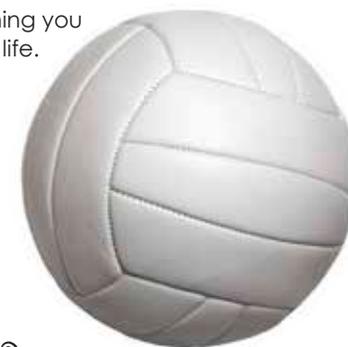
training tips of the week: aerobic exercise & keeping it all going

Continuous aerobic exercise like walking, jogging, or basketball is a great way to achieve a steady cardio workout. Continuous exercise can benefit your body by burning calories. It can be used as a weight loss method, as well as a way to maintain your current weight and fitness level. In addition, aerobic exercise helps boost your immune system and lower cholesterol.

Tips to Help You Keep it Going

- **Buddy up** – You may be more successful if you have coworkers, friends, or family members to support you, exercise with you, and encourage you. Identify what support you need and who the best person is to give you that support.
 - **Spice it up** – Try different activities to keep boredom at bay.
 - **Pump up the volume** – Add some music to your workout.
 - **Rain or shine** – Have an indoor option for when weather doesn't cooperate. Maintaining your routine increases your chance of sustaining the exercise habit.
 - **Make it happen** – Fit exercise into your day whenever you can. Pump up the time on weekends if you have more flexibility then. Take a walk during your child's sports practice.
 - **Reward yourself** – After exercising, reflect on what you have just accomplished and the good feeling that exercise gives you.
 - **Be flexible** – If you are too busy to work out or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.
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- **Keep it going** – Starting an exercise routine can be challenging and even harder to maintain. To avoid burnout, slowly work your way into a workout routine that works for your lifestyle and is something you enjoy. Remember, physical activity is for life. Review these tips when you feel your motivation sliding.



olympic trivia

Did you know: The length of the marathon is 26 miles and 385 yards because at the 1908 Olympic Games in London, England, Olympic organizers added an extra 1.35 miles to the original 24.85 miles (40,000 meters) so the race would finish in front of King Edward VII's royal box.

Resources: <http://www.mayoclinic.com>, <http://www.Livestrong.com>

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