



# PEAK Program Winter 2021 Toolkit

**Special Olympics**  
Alberta





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# PEAK Program

We are excited to announce the PEAK (Provincial Exercise and Activity Knockout) Program is set to return for another eight-weeks! Our winter edition of the program is once again open to all Special Olympics Alberta athletes. Each week, athletes will be challenged to hit their selected fitness goals, have the opportunity to attend up to four virtual sessions for your body, your mind, and your health, complete their BINGO card, participate in bonus sessions, and a variety of fun activities.

We want YOU to make the most of your Mondays! Maximize Mondays will be filled with sessions around mindfulness and mental performance, recovery and restoration, and goal setting including your fitness goals!

Healthy Tips Tuesdays are all about Health! We will be learning from our Health Messengers and covering topics based around nutrition and healthy recipes, personal hygiene and safe COVID-19 practices, oral hygiene, and so much more!

Workout Wednesdays will focus on Endurance. Endurance training is important for every athlete and is closely tied to the execution of skill and technique. Endurance training increases energy levels and improves your stamina for longer and easier performances, you may even notice improvements in your sleep and mood!

Once again, bonus days will be included in our PEAK week! Themes of the session will vary from week to week but they will leave you feeling inspired, motivated and relaxed!

These sessions will all be rolled out in our weekly Healthy at Home newsletter and will be available on our website starting January 18, 2021.

PEAK website: <http://www1.specialolympics.ab.ca/get-involved/peak-program/>



# Registration

To help us reach new PEAKs, every athlete that registers for the Winter 2021 program will receive a resistance band to compliment their workouts and the BINGO cards. Please note that each athlete will only receive one resistance band throughout the entirety of PEAK, including future programs. Special Olympics Alberta will not be able to replace any lost or snapped bands, so be sure to take good care of it!

If you do not register for Winter 2021, but register to a subsequent PEAK program, you will receive a resistance band as a “new registrant.”

The PEAK Program challenges athletes to pick a fitness goal (see below) that they must aim to achieve each week. As an athlete, you can participate as an individual or on a team, but your fitness level goal is to be completed as an individual.

The PEAK Program will begin on **Monday, January 25** and finish on **Sunday, March 21** - that’s **eight weeks** of fitness and fun! The goal of the program is to ensure that all athletes across the province have access to programming, no matter what their Affiliate can offer during these challenging times.

To get started, you will need to fill out the registration form, indicate your preference for fitness goals, and choose whether you want to participate as an individual or as part of a team.

**TEAM REGISTRATION:** If you want to participate as a team, please select *Yes* under the “would you like to be part of a team” question on the registration page. If you plan on joining a team and want to make sure you join a team with your friends, click the **“Team Registrations”** button on the registration page to see who else has signed up for that team. There is no limit on the number of people per team this time around, so be sure to join whichever you prefer!

*\*Team registration is not mandatory\**

**INDIVIDUAL REGISTRATION:** If you want to participate as an individual, please select *No* under the “would you like to be part of a team” question on the registration page. Easy peasy!

Registration: <https://www1.specialolympics.ab.ca/get-involved/peak-registration/>

For anyone experiencing registration issues, please contact the PEAK team at [PEAKprogram@specialolympics.ab.ca](mailto:PEAKprogram@specialolympics.ab.ca)



# Reach Your PEAK

Staying connected is one of the core components of the PEAK Program and, to do so, we are asking athletes to join our PEAK Program Facebook group, sign up for our weekly Healthy at Home newsletter, subscribe to our YouTube channel, and visit the PEAK Program website frequently.

**Facebook Group:** <https://www.facebook.com/groups/soapeakprogram>

Our Facebook group is our dedicated home base for athletes to connect with each other, share their fitness updates, post their social media challenge posts, and encourage their teammates. All weekly events, challenges, and updates will be shared in advance. These posts will no longer be shared on our Twitter and Instagram.

All Max Monday, Healthy Tips Tuesday, and Workout Wednesday sessions will take place LIVE in this group, unless stated otherwise, but also be shared on our YouTube within 24 hours. However, most bonus sessions will only be available live on either Facebook or Zoom.

For those who participated in PEAK last year the Facebook Group is the same. Anyone who has not registered by **January 25** will be removed from the group and will have to request to join again once they have signed up on our website.

**SOA Healthy at Home Newsletter:** <https://mailchi.mp/specialolympics.ab.ca/healthyathome>

The Healthy at Home newsletter will be your source for information, virtual session announcements, and fun activities planned for the PEAK Program each week.

**YouTube:** <https://www.youtube.com/user/SpecialOAlberta>

LIVE events will be shared on our YouTube channel within a day of the event, so subscribe now to replay your favourites.

**PEAK website:** <http://www1.specialolympics.ab.ca/get-involved/peak-program/>



## PEAK Program Fitness Level Goals

*Everest*– 525+ minutes of exercise per week

*Denali*– 420-525 minutes of exercise per week

*Kilimanjaro*– 315 to 420 minutes of exercise per week

*Matterhorn*– 210 to 315 minutes of exercise per week

*Mount Robson*– 140 to 210 minutes of exercise per week

\*Choose the weekly activity goal that fits your comfort level. If you were involved in the PEAK Program last fall, Everest and Denali may be a better option for you. If you are looking to get back into training, try Matterhorn or Mount Robson.\*

There is no limitation on how you choose to exercise to obtain your weekly fitness goals. We do, however, suggest that you follow the Fit 5 Activity Guide, live workout sessions, bingo cards, or any of the Healthy at Home virtual programs (see **“Exercise Resources”**).

## Point System

Throughout the Program, you will earn points for all the PEAK activities and virtual sessions you participate in. Earning points will help you stay on track with your fitness goals, support your team, and every second week we will have a random draw including anyone who submitted the previous two weeks of tracking sheets.

Anyone who submits their tracking sheet for all 8 weeks will be entered into a random draw for an XBOX one.

*Here’s how you earn points:*

**100 points** for completing your weekly fitness goal (Everest, Kilimanjaro, Matterhorn, Mount Robson)

Complete your weekly BINGO card and earn:

**10 points** – completing 4 corners

**25 points** – completing a line

**50 points** – completing two-lines in any direction

**100 points** – completing full card\*

*\*Please note that 100 is the maximum number of points you can earn for completing your BINGO card each week.*

BINGO cards will be posted to the website at the beginning of each week, shared in the weekly Healthy at Home newsletter, and will be available on the PEAK Program Facebook group.



**50 points** for every Facebook LIVE/Zoom session attended. After attending a session, you will be given a secret password that you can submit at the end of each week when filling out your weekly tracking form (see **“Track Your Climb”** on the website menu bar). Please note, that some sessions may not have passwords, but we will let you know if they do not.

If you miss the scheduled sessions on Monday, Tuesday, or Wednesday, you can watch the videos later to still receive the points. These videos will be located under **“PEAK Sessions”** on the website menu bar.

**BONUS activities** will be scheduled throughout the program and are also **50 points**. These activities will be shared in the Facebook group and in the Healthy at Home newsletter. Bonus activities are live events only, after attending a session, you will be given the secret password that you can submit at the end of each week when filling out your weekly tracking form.

**25 points** for participating in the weekly social media challenge. This challenge will be shared every week in the Facebook group as well as in the Healthy at Home newsletter. For those that do not have social media, submissions can be emailed to Kiefer at [PEAKprogram@specialolympics.ab.ca](mailto:PEAKprogram@specialolympics.ab.ca)



# Track Your Climb to the PEAK

Our goal this session is to climb Everest as a group, so every minute counts (every ten minutes is one meter). There are two ways to track the journey to the PEAK this winter:

1. Athletes with online access will be able to fill out a tracking form **once per week**. Every second week we will have a random draw including anyone who submitted the previous two weeks of tracking sheets: <https://www1.specialolympics.ab.ca/get-involved/track-your-climb/>

- Tracks how many minutes of physical activity an athlete completed each week
  - o Including if you hit your fitness goal
- Tracks the completion of BINGO cards
- Tracks sessions attended through passwords
- Tracks if you completed the social media challenge

\*Athletes completing the online form can still use the tracking sheet to track their daily minutes as well.

\*\*Not every week will have a bonus activity, so you can leave them blank when submitting your form.

\*\*\*Athletes do not need to submit photos of their BINGO cards or fitness trackers, but you can if you want to!

2. Athletes using the toolkit or working offline will be able to use the weekly fitness tracking sheets.

If you do not have access to the online form you will be able to complete a physical copy of your tracking sheet that you can mail to the Special Olympics Alberta office by March 26, 2021.

Extra sheets can be printed from here: <https://www1.specialolympics.ab.ca/peak-program/peak-resources/>





# Sharing Your Climb to the PEAK

Our Facebook group is our dedicated home base for athletes to connect with each other, share their fitness updates, post their social media challenge posts, and encourage their teammates. All weekly events, challenges, and updates will be shared in advance. These posts will no longer be shared on our Twitter and Instagram.

Only registered members will be permitted to join the group. Please make sure to identify in the registration process which account the athlete will be joining the Facebook group with (ie. if you are a support person for your athlete, and they will be viewing the sessions through your Facebook, please fill out your name).

For any issues joining the group please contact the PEAK Program team at [PEAKprogram@specialolympics.ab.ca](mailto:PEAKprogram@specialolympics.ab.ca)

For those unable to join Facebook or attend the Maximize Mondays, Healthy Tips Tuesdays and Workout Wednesday events, they will be made available for viewing on the website and our YouTube within a day.

Join the group and get connected: <https://www.facebook.com/groups/soapeakprogram>

Use **#ReachYourPEAKab** in your social media posts to promote your climb to the PEAK. We also encourage you to create a hashtag for your specific team to cheer each other on. (For example, Team Grizzly might want to use **#PEAKGrizzly**)

## What to post:

- Updates on your progress
- Photos/videos of you exercising
- Weekly social media challenge
- BINGO card challenges
- Words of encouragement for other athletes, teammates, coaches, volunteers, and facilitators



# Weekly Virtual Sessions

Every Monday night (**with exception of Family Day on February 15**) from 7-8 p.m. MT we will host Maximize Mondays. Max Mondays will be filled with sessions around mindfulness and mental performance, recovery and restoration, and goal setting including your fitness goals!

Every Tuesday night from 7-8 p.m. MT at Healthy Tips Tuesdays we will be learning from our Health Messengers and covering topics based around nutrition and healthy recipes, personal hygiene and safe COVID-19 practices, oral hygiene, and so much more!

Every Wednesday night from 7-8 p.m. MT, Workout Wednesdays will focus on Endurance. Endurance training is important for every athlete and is closely tied to the execution of skill and technique. Endurance training increases energy levels and improves your stamina for longer and easier performances, you may even notice improvements in your sleep and mood!

Most of our weekly sessions will take place on Facebook Live, unless stated otherwise.

You do not need to attend online sessions to take part in the PEAK Program, but it is highly encouraged and will contribute to your points!

## Bonus Session

As we mentioned above, there will be additional bonus sessions added to the program throughout the 8 weeks, so stay tuned on the Facebook Group and Healthy at Home newsletter for those updates.

Themes of each session will vary from week to week but they will leave you feeling inspired, motivated and relaxed!

Scheduled Bonus Sessions: *(Sessions are subject to change and more will be added)*

Happy Hearts Hop Virtual Valentine's Dance: February 11, 2021 at 7:00 PM MT on Zoom

Shamrock Shaker Virtual St. Patrick's Dance: March 19, 2021 at 7:00 PM MT on Zoom



# Exercise Resources

## FIT 5 GUIDE, FITNESS CARDS, & WORKOUT VIDEOS

**What is FIT 5?**

Athletes want to perform their best at every competition. You can do this by being FIT. FIT 5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

**Goals of FIT 5**

 <b>EXERCISE</b> <b>5</b> <small>days a week</small>	 <b>EAT</b> <b>5</b> <small>total fruits and vegetables per day</small>	 <b>DRINK</b> <b>5</b> <small>water bottles per day</small>
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While athletes are able to reach their physical activity goals through any form of exercise, we encourage athletes to utilize the [FIT 5 program](#).

FIT 5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

[FIT 5 Guide](#) | [Fitness Cards](#) | [Workout Videos](#)

## SCHOOL OF STRENGTH



School of Strength introduces a whole new way to exercise, featuring WWE Superstar Becky Lynch.

Work out with the videos on the [School of Strength website](#) **five times a week** to help you stay fit and reach your athletic goals.

Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one.

[Videos](#) | [Fitness Tracker](#)



# Additional Resources

## HOW TO DO PHYSICAL DISTANCING

 Stay HOME as much as possible! Do not go out if you are not feeling well	 When Outside Do not touch rails, benches or play equipment	 If you are around people you do not live with stay 6 feet apart (about the distance of a couch that has 3 seats)
 Stay away from crowds	 Cough or sneeze in your elbow please!	 Wash your hands with soap & hot water (for 20 sec, sing 1 happy birthday twice)

Healthy @ Home

## CREATE A SAFE AREA TO WORKOUT AT HOME

 Workout with bare feet OR Wear Running Shoes	 Make sure there are no electrical cords running across the area where you are exercising	 Don't trip or slip Clear the area of all hazards
 Make sure you have about 6 feet by 4 feet of open space	 If you are wearing shoes make sure the laces are tied!	 Drink lots of water!

Healthy @ Home



**Healthy @ Home**



# Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Exercise</b></p> <p>Check box if you exercised today!</p> <p>Write in the number of minutes</p>	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes	<input type="checkbox"/> <hr/> Minutes
<p><b>Nutrition</b></p> <p>How many total fruits and vegetables?</p>	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
<p><b>Water</b></p> <p>How many bottles (16oz) of water did you drink?</p>	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○

Fill in the star if you reached your Fit 5 goal this week:

Exercise 

Nutrition 

Water 

# Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	13	14	15	16	17	18	19	20	21	22	23	24
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	25	26	27	28	29	30	31	32	33	34	35	36
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	37	38	39	40	41	42	43	44	45	46	47	48
Exercise	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Nutrition	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Water	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
WEEK:	49	50	51	52								
Exercise	☆	☆	☆	☆								
Nutrition	☆	☆	☆	☆								
Water	☆	☆	☆	☆								