



Ready to take on the

TRY-ATHLETE CHALLENGE?








Welcome to the Try-Athlete Challenge!

- We're excited to have you join us in this fun and energizing journey! The Try-Athlete Challenge is your opportunity to stay active, set personal goals, and take steps—literally—toward a healthier lifestyle. Whether you're an SONH athlete, a Unified partner, a friend or a family member who just wants to stay active, this challenge is for everyone.

What's the Challenge?

- The goal is simple: complete a total of **55,000 steps**—equivalent to the distance of a full marathon—over the course of **six weeks**. This means you'll be aiming for an average of around 1,300 steps per day, but you can pace yourself in any way that suits you.
- This challenge is designed to be flexible, accessible, and fun. Walk, jog, dance, or even just move around your home—every step counts!

 **Why Physical Activity Matters** Participating in regular physical activity is one of the best things you can do for your health. It helps:

-  Boost your energy levels and improve overall fitness.
-  Enhance your mental well-being by reducing stress and improving mood.
-  Strengthen your heart, lungs, and muscles.
-  Increase focus and productivity in your daily life.

Registration and Rewards

- To get started, simply register for the Try-Athlete Challenge here: fundraising.sonh.org/event/try-athlete-challenge. Once registered, you will receive a **SONH-branded pen and a pedometer** to help you track your progress. The pedometer will keep you motivated and make it easy to monitor your steps, while the pen is a little thank-you for taking this journey with us.

Choose Your Own Adventure

- If you are comfortable, set your own goals and track your steps with your pedometer or fitness tracker. Set a daily or weekly goal that fits your lifestyle.
- If you want extra support, this guidebook is here for you! It provides a structured weekly plan with suggested step goals, health tips, and motivational milestones to keep you on track.
 - **We can't wait to see how far you'll go! Let's get moving together.**

Getting Started



Registering for the Challenge

- **How to Sign Up:** Visit our website <https://fundraising.sonh.org/event/try-athlete-challenge> complete the online registration form, and submit your entry. You can also sign up by filling out a paper registration form (call Leisa at 603-722-0423 to have one mailed to you) and returning it to: SONH, PO Box 3598, Concord, NH 03302.
- **What You Receive:** As soon as you register, you will receive a SONH-branded pen and a pedometer to help you track your steps.

Using Your Pedometer


- **Setting Up Your Pedometer:** Simply take it out of the box, press the reset button and attach it to your waistband or place it in your pocket. Make sure it is secure.
- **Accurate Tracking Tips:** Keep your pedometer upright and secure. Reset it each day to track your daily steps accurately.

Logging Your Steps

- **Tracking Methods:** You can track your steps on our Try-athlete Challenge website here, <https://fundraising.sonh.org/event/try-athlete-challenge>. Log in and go to “My Fitness Activity” to track your steps. You may also use a traditional paper log, or a spreadsheet and send your steps to SONH at PO Box 3598, Concord, NH 03302. Choose what works best for you.
- **Staying Consistent:** Set a daily reminder to log your steps. Celebrate your milestones and keep an eye on your progress.

Weekly Challenge Breakdown

Week 1: June 21st -27th -Goal -7,500 Steps

Day	 Exercise	 Nutrition – Healthy Foods	 Wellness - Gratitude
Sunday	Take a 20-minute nature walk with a friend (2,000 steps) 	Eat a fruit with breakfast today. 	Write down one thing in nature you're thankful for. 
Monday	Fit 5 Endurance activity for 10 minutes (1,000 steps) 	Choose whole grains instead of white bread or pasta. 	Think of a person who made you smile recently—write down why. 
Tuesday	Play frisbee for 10 minutes (1,000 steps) 	Add a colorful vegetable to your lunch or dinner. 	List one thing your body allowed you to do today that you're grateful for. 
Wednesday	Rest Day 	Try a new dairy product like yogurt or low-fat cheese. 	Reflect on something simple that brought you joy this week. 
Thursday	Fit 5 Endurance activity for 10 minutes (1,000 steps) 	Drink water instead of soda or juice today. 	Write about a favorite memory and why you're thankful for it. 
Friday	Dance for 15 minutes to music (1,500 steps) 	Include a lean protein in your meal (e.g., chicken, tofu, beans). 	Express appreciation for something you often take for granted (like clean water or your home). 
Saturday	Fit 5 Endurance activity for 10 minutes (1,000 steps) 	Make a balanced plate: half veggies, quarter protein, quarter grains. 	Say “thank you” to someone today and write down how it made you feel. 

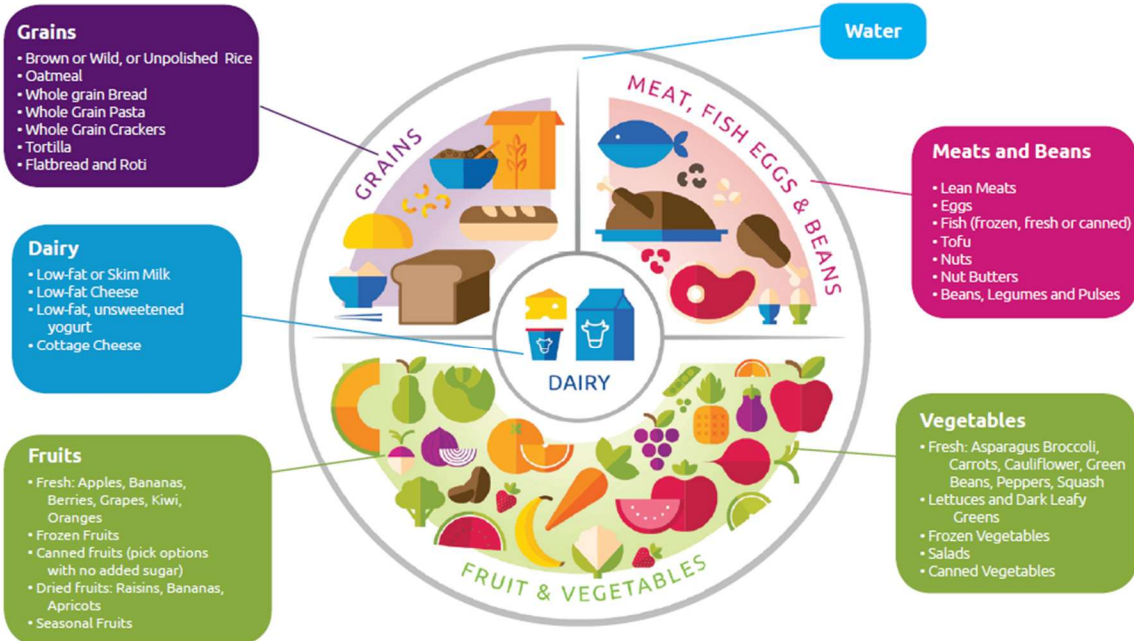
***See page 4 for Healthy Food ideas**

****See pages 5-7 for Fit 5 Endurance activities to try**

Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**



Jumping Jacks

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.



Featuring Special Olympics athlete, Matthew Whiteside

**Special
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March and Swing Arms

1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.

1



2



Featuring Special Olympics Global Messenger,
Benjamin Collins

**Special
Olympics**



Side-to-Side Hops

























1. Bend the knees slightly and hop as high as you can to one side then the other side.

NOTE: You can also hop forward to backward or hop in place.



Featuring Special Olympics athlete leader, Novie Craven

Week 2: June 28th -July 4th - 8,000 Steps

Day	 Exercise	 Nutrition – Hydration Awareness	 Wellness – Mindful Breathing
Sunday	Take a 25-minute walk in your neighborhood with a friend (2,500 steps) 	Start your day with a full glass of water before breakfast. 	Breathe in slowly for 4 seconds, hold it for 2, then breathe out for 6. Do this a few times to feel calm. 
Monday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,000 steps) 	Swap one sugary drink for water today. 	Try "box breathing": Breathe in for 4 seconds, hold for 4, breathe out for 4, hold for 4. Do this 3 times. 
Tuesday	Try playing pickleball or tennis for 20 minutes to get active! (1,000 steps) 	Carry a reusable water bottle and aim to refill it twice. 	Close one side of your nose and breathe in. Then switch sides to breathe out. Try this for 5 minutes. 
Wednesday	Rest Day 	Add a slice of lemon or cucumber to your water for a refreshing twist. 	Put your hand on your belly. Breathe in deep and feel your hand move. Do this slowly for 5 minutes. 
Thursday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,000 steps) 	Drink a glass of water before each meal. 	Play calm music or use an app. Sit still and breathe slowly for 5 minutes. 
Friday	Shoot some hoops for 15 minutes (1,500 steps) 	Track how many glasses of water you drink today. Aim for at least 8. 	Sit quietly. Breathe slowly and try to relax your body and mind. 
Saturday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,000 steps) 	Share a hydration tip or encourage a friend to drink more water. 	Think or write about how you felt after breathing this week. What helped you feel calm or happy? 

****See pages 9-10 for Fit 5 and High 5 for Fitness activities to try**



Step Ups

You need a stair step or stool for this exercise.

1. Step onto the step or stool with one foot then the other foot.
2. Now step off of the step or stool with one foot then the other foot.
3. Pump your arms or hold onto the wall or stair railing for support
4. Keep stepping in the up-up-down-down pattern as fast as possible.



Featuring Special Olympics Global Messenger, Munir Vohra

**Special
Olympics**



Level 2 • Endurance

2



JUMPING T'S

1. Stand with your feet together and your arms at your sides.
2. Jump and raise your arms out to the sides at shoulder level, forming a "T", and your legs open wide.
3. Jump again and bring your legs together and your arms back to your sides.



Level 2 • Endurance

2





SQUARE JUMPS

1. Imagine there is a small square on the ground.
2. Keep your feet together and jump to all four corners of the square.
3. Keep jumping around the square using forward, side, and backward jumps.



Week 3: July 5th -11th - 9,000 Steps

Day	 Exercise	 Nutrition – Portion Power	 Wellness – Stress Reduction
Sunday	Go on a 30-minute hike with a friend (2,250 steps) 	Use a smaller plate to help take just the right amount of food. 	Relax your muscles one at a time. Squeeze, then let go. Do this for 10 minutes.  
Monday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Stop eating when you feel satisfied, not too full. 	Take a walk outside. Listen to the sounds, smell the air, and feel the sunshine.   
Tuesday	Kick a soccer ball doing zigzags, toe taps, and touches for 15 minutes (1,500 steps) 	Read food labels to see how much one serving is. 	Write or draw about something that makes you feel stressed and what helps you feel better.   
Wednesday	Rest Day 	Fill half your dinner plate with vegetables. 	Sit quietly and take deep breaths. Let your body feel calm.   
Thursday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Wait before getting seconds to see if you're still really hungry. 	Smell something calming like lavender or chamomile. It can help you relax.   
Friday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Eat slowly and take small bites to give your body time to feel full. 	Do something fun you enjoy—like music, coloring, or playing a game—for 10 minutes.   
Saturday	Do 30-45 minutes of household chores or yard work (750 steps) 	Use your hand to check portion sizes, for example, your fist is about one cup. 	Think about how you felt this week. What helped you feel good? What will you try next time?   

***See page 12 for more Perfect Portion ideas**

****See pages 12-14 for Fit 5 and High 5 for Fitness activities to try**

Perfect Portions



Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



1 serving of fruit



1 serving of rice
or pasta



1 serving of
vegetables



hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese



1 serving of nuts



1 serving of nut
butter

Level 2 • Endurance

2



SIDE SKATERS

1. Stand with your feet shoulder width apart, your knees bent, and your arms by your sides.
2. Leap sideways off your left foot and land on your right foot. As you leap, reach your left hand across to the right. Leap from your right foot to your left and reach your right hand across to the left.
3. Keep leaping side to side like a speed skater.



Mountain Climbers

1. Start in a push up position with your left leg in front so that your foot is on the floor under your chest.
2. Keep your hands down on the ground. Jump or step with your legs and switch your feet so that your right leg is in front.
3. Jump or step with your legs again and switch your feet so that your left leg is in front. Continue jumping and switching as fast as you can.



Featuring Special Olympics Global Messenger, Alisa Ogden


































Frog Jumps

1. Start by standing with your feet apart.
2. Bend at your knees and hips to squat down. Touch the floor with your hands.
3. Jump straight up in the air with your arms up.
4. Land in a squat with your hands touching the floor.



Featuring Special Olympics athlete, Danilo Benitez

Week 4: July 12th -18th - 9,500 Steps

Day	 Exercise	 Nutrition – Healthy Meals	 Wellness – Sleep Strategies
Sunday	Take a 30-minute walk in your neighborhood with a friend (3,000 steps) 	Reduce fried foods and select baked, grilled, steamed, or roasted options instead  	Keep a regular sleep schedule – Same bedtime and wake time daily. 
Monday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts   	Do a relaxing bedtime routine – Try reading or deep breathing. 
Tuesday	Play frisbee for 10 minutes (1,000 steps) 	Replace salt and salty foods with fresh herbs, spices, or unsalted nuts  	Turn off screens before bed – Power down 30–60 minutes early. 
Wednesday	Rest Day 	Pick low-fat or fat-free dairy like yogurt or milk for strong bones  	Make your room sleep-friendly – Cool, dark, and quiet is best. 
Thursday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Choose crunchy sides like apples, carrots, or celery for a tasty and healthy bite   	Avoid caffeine and sugar at night – Skip soda and sweets. 
Friday	Dance for 10 minutes to music (1,000 steps) 	Add a side of steamed vegetables or a fresh salad to any meal 	Be active during the day – Move your body to sleep better. 
Saturday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Replace sugary desserts with fresh fruit, yogurt with honey, or small portions of dark chocolate   	Use positive self-talk – Remind yourself sleep makes you stronger. 

***See page 16 for more Healthy Meals ideas**

****See pages 16-18 for Fit 5 and High 5 for Fitness activities to try**

Healthy Meals



Add more fruits and vegetables to your meals. You can make any meal more nutritious with these simple suggestions.

Breakfast

- Have a piece of fruit with your meal
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.



Dinner

- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.



Lunch

- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.

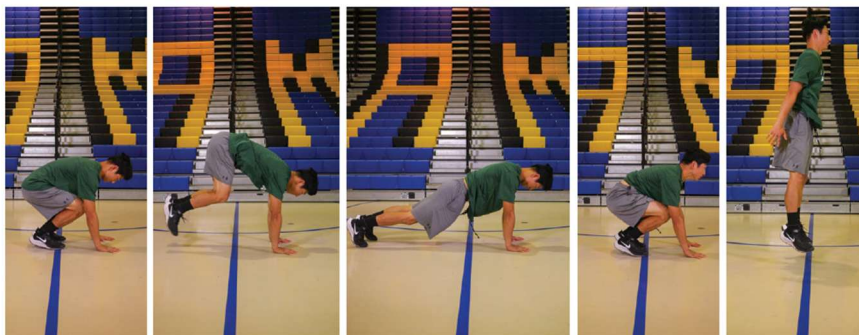
Level 3 • Endurance

3



BURPEES

1. Stand with your feet together and your arms at your sides.
2. Squat down and place your hands on the ground in front.
3. Jump your feet back into the plank position.
4. Jump your feet back in toward your hands, return standing, and repeat.



Jumping Jack Squats

1. Stand with your feet together and your arms down by your sides.
2. Jump up and spread your legs apart as you swing your arms over your head.
3. As you land with your legs apart, bend your knees and go into a wide squat.
4. Jump up and bring your arms back to your sides and your legs together.



Featuring Special Olympics CEO, Mary Davis



























High Knees

1. Jog in place. Try to get your knees as high as you can with each step.
2. Swing your arms the whole time.



Featuring Special Olympics Global Messenger, Bryce Cole

Week 5: July 19th -25th - 10,000 Steps

Day	 Exercise	 Nutrition – Smart Snacking	 Wellness – Social Connections
Sunday	Try an interval walk (alternate walk for 3 minutes, jog for 1) for a total of 15 minutes (2,000 steps) 	Eat fruit instead of chips. 	Call or video chat with a close friend or family member. 
Monday	Fit 5 or High 5 for Fitness activity for 10 minutes (1,500 steps) 	Choose low-fat yogurt with granola. 	Write and send a kind message to someone you appreciate. 
Tuesday	Play frisbee for 10 minutes (1,000 steps) 	Snack on air-popped popcorn (light on salt and butter). 	Invite someone to take a walk or have coffee. 
Wednesday	Rest Day 	Make your own trail mix. 	 Spend time with a pet or volunteer to help others.  
Thursday	Fit 5 or High 5 for Fitness activity for 15 minutes (2,000 steps) 	Spread peanut butter on apple slices or whole-grain toast. 	Play a game or do an activity with someone in person. 
Friday	Shoot some hoops for 15 minutes (1,500 steps) 	Freeze grapes or berries for a cool, sweet treat. 	Help a neighbor with a task or run an errand together. 
Saturday	Fit 5 or High 5 for Fitness activity for 15 minutes (2,000 steps) 	Try hummus with veggies. 	Reflect: How did connecting with others impact your mood? 

***See page 20 for more Smart Snacking ideas**

****See pages 20-22 for Fit 5 and High 5 for Fitness activities to try**

Healthy Snack Ideas



Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.



Apple slices dipped in peanut butter



Low-fat unsweetened yogurt with berries



Low-fat cottage cheese with tomatoes



Carrots or peppers dipped in hummus



Celery topped with peanut butter and raisins

Level 3 • Endurance

3



STAR JUMPS

1. Stand with your feet together and your arms at your sides.
2. Jump and raise your arms and legs out to the sides so your body makes a star in the air.
3. Land softly and quickly jump again.



Side-to-Side Bounding

1. Start by standing on your right foot with your right knee bent.
2. Leap as far as you can to your left starting with your left leg. Land on your left foot with your knee slightly bent.
3. Make sure that you are balanced. Now leap as far as you can to your right starting with your right leg. Land on your right foot with your knee slightly bent.
4. Continue going from side to side.



Featuring Special Olympics athlete, Matthew Whiteside

**Special
Olympics**








Tuck Jumps

1. Stand with your feet together.
2. Swing arms and bend your knees. Now jump as high as you can and bring your knees up in front of you.
3. Try to get your knees close to your chest on each jump.






Featuring Special Olympics athlete, James Black

Week 6: July 26th – August 2nd - 11,000 Steps

Day	 Exercise	 Nutrition – Eat the Rainbow	 Wellness – Stretching
Sunday	Try an interval walk (alternate walk for 3 minutes, jog for 1) for a total of 20 minutes (2,500 steps) 	Try a red fruit or veggie (like strawberries or bell peppers). 	Reach for your toes and stretch your lower legs. 
Monday	Fit 5 or High 5 for Fitness activity for 15 minutes (2,000 steps) 	Add something orange (like carrots or sweet potatoes). 	Pull your foot back to stretch your leg and hip. 
Tuesday	Try playing pickleball or tennis for 20 minutes to get active! (2,000 steps) 	Include something yellow (like corn or pineapple). 	Roll your arms and stretch one arm across your chest. 
Wednesday	Rest Day 	Include something green (like spinach or broccoli). 	Make circles with your ankles and rock heel to toe. 
Thursday	Fit 5 or High 5 for Fitness activity for 15 minutes (2,000 steps) 	Try a blue or purple food (like blueberries or eggplant). 	Swing your legs and arms to get your body moving. 
Friday	Kick a soccer ball doing zigzags, toe taps, and touches for 20 minutes (2,000 steps) 	Top yogurt or oatmeal with rainbow fruits. 	Twist your back and move like a cat and cow. 
Saturday	Do 30 minutes of household chores or yard work (500 steps) 	Make a colorful fruit salad with 3+ colors. 	Bend forward and rest in child's pose to relax. 

Congratulations - You Did It! Now What????

-  Celebrate your achievement.
-  Receive your Try-Athlete T-shirt – it will be mailed to you now that you have hit your 55,000 steps!.
-  Interested in running a real race? Be on the lookout for updates about race info via email and on our website during the challenge.

Resources

Common Activity Conversion Chart

☀️ Not all movement is just walking! Use this chart to convert various activities into steps ☀️

- 🧘 **Yoga:** 10 steps per minute
- 🧹 **Household Chores:** 20 steps per minute
- 🧤 **Yard Work:** 20 steps per minute
- 🏋️ **Strength Training:** 20 steps per minute
- 🏊 **Swimming:** 20 steps per minute
- 🚲 **Cycling (Moderate):** 30 steps per minute
- 🏌️ **Golf (Walking, No Cart):** 30 steps per minute
- 🎾 **Tennis:** 50 steps per minute
- 🍓 **Pickleball:** 50 steps per minute
- 🥾 **Hiking (Moderate):** 75 steps per minute
- 🚶 **Walking (Moderate):** 100 steps per minute
- 🏀 **Basketball:** 100 steps per minute
- ⚽ **Soccer:** 100 steps per minute
- 💃 **Dancing:** 150 steps per minute
- 🏃 **Running:** 200 steps per minute



TRY-Athlete Challenge FAQ



What are the dates of the TRY-Athlete Challenge?

- The TRY-Athlete Challenge runs from **June 21st to August 16th**. We'll kick off tracking on the first day of summer, June 21st, and finish on August 2nd. All the fitness you've gained will help you enjoy the celebration on August 16th at Millennium Running's Boot Scootin' Boogie 5K. (More information on how to sign up for the race is coming soon.)

Who can participate in the TRY-Athlete Challenge?

- Whether you're an SONH athlete, a Unified partner, a friend or a family member who just wants to stay active, this challenge is for everyone. Signups will begin at Summer Games on June 6th, and activity tracking starts on June 21st.

I don't like to run or walk. What other activities count?

- TRY-Athletes can complete a variety of activities using the Common Activity Conversion Chart. This allows you to convert activities like biking, strength training, soccer, and golf into steps. If you have an activity not listed, please reach out to Leisa D'Amour at LeisaD@sonh.org or 603-722-0423 for assistance.

What do I get if I complete the TRY-Athlete Challenge?

- Beyond fitness, fun, and team support, each registrant will receive a SONH pedometer and pen when they complete the registration form. Those who complete the 55,000 step challenge will also receive a TRY-Athlete Challenge t-shirt – perfect for wearing at the Boot Scootin' Boogie 5K!

How do I track my steps?

- **Tracking Methods:** You can track your steps on our Try-athlete Challenge website here, <https://fundraising.sonh.org/event/try-athlete-challenge>. Log in and go to “My Fitness Activity” to track your steps. You may also use a traditional paper log, or a spreadsheet and send your steps to SONH at PO Box 3598, Concord, NH 03302. Choose what works best for you.

I still have questions. Who can I contact?

- No problem! Please reach out to Leisa D'Amour at LeisaD@sonh.org or 603-722-0423 for any questions or concerns.