



A Narrative Change: Why Exercise is Fun

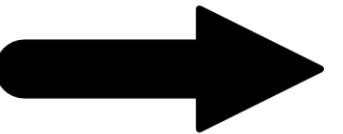
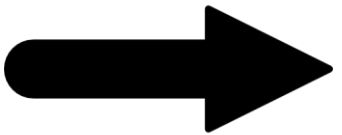
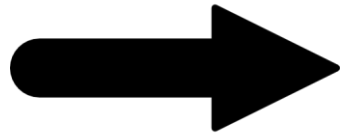
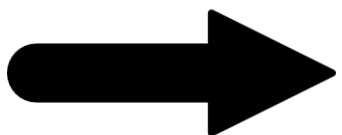
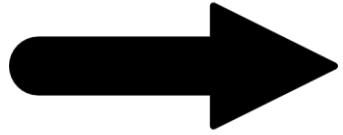
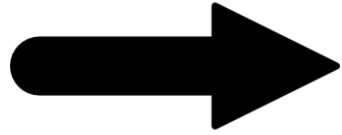
O u r O b j e c t i v e !

We'll keep it simple.

We want you, as coaches, to be educated on the importance of proper exercise and how it will not only decrease injuries but increase the performance of your athletes.

We also might want to share more memes than words.

Who is Coach Max?





15% Muscle Strains

9.5% Tendinitis

9.5% Sprains

Does a proper warm up lower these %?

Would weekly exercise lower these %?

Why are injuries on the rise?

Why Are Your Athletes Getting Injured?



According to the CDC

42%

Adults in the USA are Obese

57%

More obese than their peers

40%

Could get injured

3 most PREVENTABLE deaths are linked to Obesity

3 most PREVENTABLE deaths are linked to Obesity



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

SOPA STUDY

2000 Pennsylvania Special Olympic Athletes over 10 years

Of the 1400 Incidents they encountered, **17.1%** was in the lower body.

Pains, Strains, and Sprains happened in 202 occurrences, totaling **43.1%** of all injuries.

49% in Basketball
18% in Softball
11% in Athletics
5% in Aquatics



Cool story bro. Now what?



Children Study

125 Children (5-18) with Disabilities

Researchers found that:

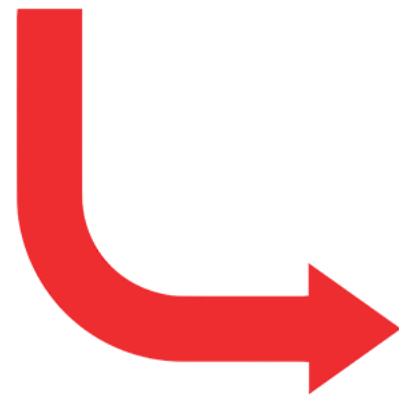
- Many children with disabilities prefer sedentary activities
- Physical activity is limited due to accessibility
- More likely to engage in physical activity if peers are also active
- Intervention, coaching support, and family are critical



What are we doing about it?

HLC

Bring elite level Strength and Conditioning to every Special Olympic athlete regardless of sport, disability, or location.



Power Up: Train Like a Champion

Offer sport-specific training to every Special Olympics athlete and coach, focusing on safety, injury prevention, and equipping them with the skills needed to excel in their sport.

What is POWER UP?

Weekly

An end goal

Check In

At Home

Equipment

Fun

Coaches can join? Cmonnnnn!!



Spring Sports Season

- 2/18/25 – Athletics
- 2/25/25- Basketball
- 3/4/25- Bocce
- 3/11/25- Flag football
- 3/18/25- Swimming

Spring Mid-Season Check-In

- 4/8/25

Summer Bowling Season

- 6/10/25- Bowling

Summer Mid-Season Check-In

- 7/8/25

Fall Sports Season

- 8/5/25 – Golf
- 8/12/25- Soccer
- 8/19/25- Softball
- 8/26/25- Tennis
- 9/2/25- Volleyball

Fall Mid-Season Check-In

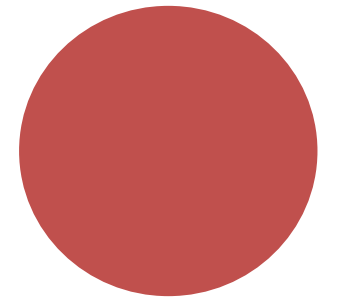
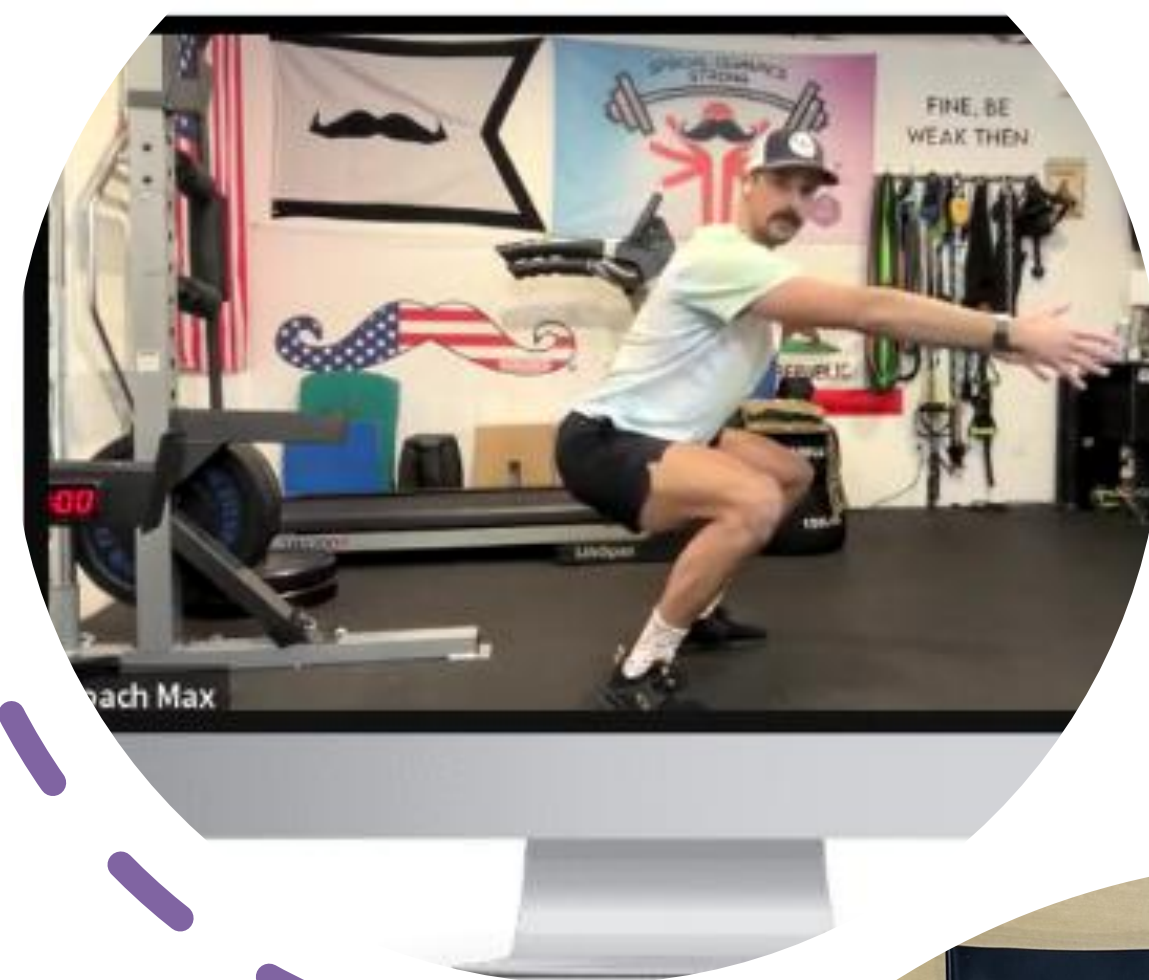
- 9/30/25

Winter Sports Season

- 12/2/25- Floorball

Winter Mid-Season Check-In

- 1/7/26



Fit 5



3 Simple Goals:

- 5 fruits/vegetables a day
- 5 bottles of water/day
- 5 days of exercise/week



An Example of Power Up





"My client pleads not guilty, Your Honor,
on the grounds that it's so hard to
find decent role models these days."

EXERCISE IS FUN



T H A N K Y O U !

t y a m a s a k i @ s o s c . o r g

R e f e r e n c e s

Doe, J., Brown, D., & Taylor, F. (2023). *Title of Article from PMC9956278*. Retrieved from <https://pmc.ncbi.nlm.nih.gov/articles/PMC9956278/>

Johnson, A., Smith, B., & Lee, C. (2022). *Title of Article from PMC9235415*. Retrieved from <https://pmc.ncbi.nlm.nih.gov/articles/PMC9235415/>

C o n t r i b u t i o n s

- ICan_Adaptivefitness (Instagram)
- SpecialityAthleteTraining (Instagram)
- AdaptiveTrainingFoundation (Instagram)
- A Walk on Water (Instagram)
- Flow Surf Academy