

CAL RIPKEN, SR. FOUNDATION

VIRTUAL FITNESS

CURRICULUM



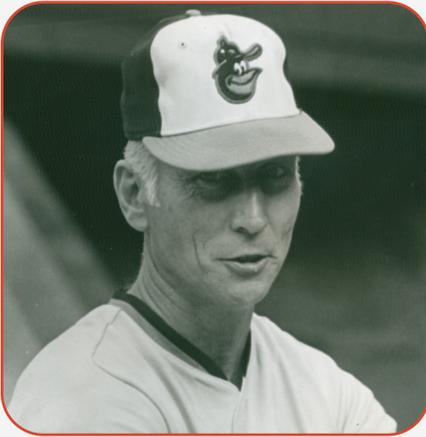
TRANSFORM COMMUNITIES
CHANGE KIDS' LIVES

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Introduction

About the Cal Ripken, Sr. Foundation



During his 37-year career with the Baltimore Orioles organization, Cal Ripken, Sr. taught the basics of the game and life to players big and small. After he passed away, his sons and Major League Baseball players Cal and Bill recognized that not every child is lucky enough to have such a great mentor and role model. In this spirit, the Ripken family started the Cal Ripken, Sr. Foundation, a national 501(c)(3) nonprofit organization, in 2001.

By teaching kids how to make positive choices no matter what life throws at them, the Cal Ripken, Sr. Foundation strives to help underserved youth fulfill their potential and become healthy, self-sufficient, successful adults.



Guiding Principles of the Cal Ripken, Sr. Foundation

Cal Ripken, Sr. was a player, coach, and manager in the Baltimore Orioles organization for nearly four decades. He developed great players and, more importantly, great people through his style of coaching. No matter what you are teaching, you can use these four key ideas as your guide.

Keep it Simple

Lessons on the field and in life are best learned when presented in a simple manner. Teach the basics and keep standards high.

Explain Why

By helping kids understand the connections between everyday decisions and real-life outcomes, we can help them make smarter choices which guide their futures.

Celebrate the Individual

When kids are encouraged to be themselves, respected for their opinion, and asked to share it, they are more likely to have a higher self-esteem and a better feeling of self-worth.

Make it Fun

If kids aren't paying attention or participating, how much are they learning? Whether it's using a game to teach a concept or motivating kids with a little friendly competition, keeping kids engaged is essential.



About Virtual Fitness Program

The Cal Ripken, Sr. Foundation has collaborated with certified personal trainer and sports nutrition coach, Chris Welsh, to create a 12-week virtual fitness program that incorporates exercise, a character education curriculum, and fitness challenges that will improve both your overall fitness levels and wellness.

As part of the Virtual Fitness program, you will participate in and have access to:

- 24, half-hour, full-body workouts filmed by Chris Welsh (two per week for 12 weeks)
- 24 educational activities (two per week for 12 weeks)
- Warm-ups and cool-downs included to ensure safety
- Activities that will educate kids on importance of fitness, nutrition, and healthy living
- Weekly exercise challenges that encourage kids to virtually interact with one another in order to increase participation
- On-going support and training from Ripken Foundation staff

About Chris Welsh

Chris Welsh, is the owner of Impact Fitness and has spent more than a decade in the fitness industry providing fitness and nutrition consulting services to a number of nonprofit and for-profit organizations, including Under Armour Philanthropy. He has worked with elite athletes such as Tom Brady, Julio Jones, Patrick Peterson, Lindsey Vonn, Natasha Hastings, and Clayton Kershaw in his ongoing role as an Under Armour Endorsed Trainer.



WEEK 1

Setting Goals

INTRODUCTION:

Everyone has the ability to choose what they do with their lives and the goals they hope to accomplish. However, you need a healthy body and mind to reach your goals. Through this week's activities, you will set short-term and long-term goals to improve your physical and mental fitness. To set a goal, you must first decide what you want to accomplish. Whether it's improving your squat form or being able to do 10 push-ups in a row, it is important to identify your motivation for success. When setting your goals, ask yourself, "Why is this important?" and "What impact will this have on my lifestyle?" Once you have identified your motivation or your "why," you will be able to create goals to help guide you on your path to improved physical and mental fitness.

What is a short-term goal? A short-term goal is something that can be achieved within a few weeks or months and will help you meet your long-term goal.

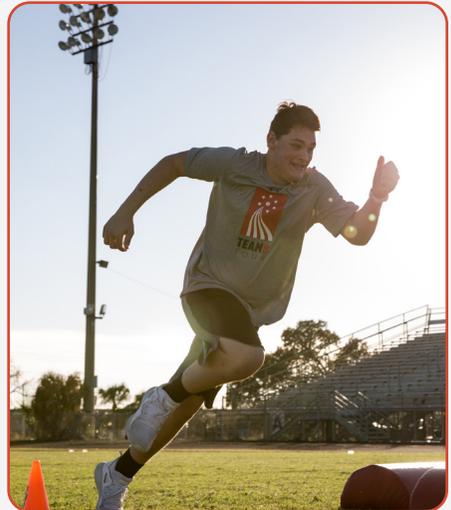
Examples of short-term goals:

- Complete two workouts per week
- Run a mile everyday
- Eat less junk food
- Sleep eight hours each night

What is a long-term goal? A long-term goal is something that can be achieved in a year or more.

Examples of long-term goals:

- Build my strength
- Run a half marathon
- Lose body fat and/or increase muscle mass
- To feel better overall day to day



MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. In your journal, list two short-term goals that you can achieve within the first six weeks of the fitness program.
2. Once your short-term goals are created, list two long-term goals you can achieve by the end of the 12-week fitness program.
3. Keep track of your progress, and remember, you can always modify your goals, if needed.

Two Short-Term Goals

1. _____

2. _____

Two Long-Term Goals

1. _____

2. _____

WEEK 1

Visualizing Success

INTRODUCTION:

In the previous activity, you focused on setting short-term and long-term goals. One important aspect that goes along with goal setting is visualizing your success. In this activity, you will create a vision board for your goals in order to remind you of your “why.” Your vision board will serve as a source of motivation to keep you on track to be successful on your path to improved overall wellness.

MATERIALS (IF NEEDED):

Blank sheet of paper

INSTRUCTIONS/QUESTIONS:

1. Using the short-term and long-term goals you created in the previous activity, create a vision board using the journal exercise on page 6.
2. You can use words, pictures, or cutouts from magazines to design your vision board.
3. Using your blank sheet of paper, create your vision board that will help you stay on track and motivate you to reach your goals in the program.



WEEK 2

Importance of Having a Healthy and Balanced Plate

INTRODUCTION:

This week, your activities will focus on the importance of nutrition.

Understanding the role of nutrition in your overall wellness is a crucial step in making positive change in your life. When you have healthy nutritional habits, such as maintaining a well-balanced plate during meals, you will have greater success in achieving your goals.

MATERIALS:

MyPlate worksheet, Journal

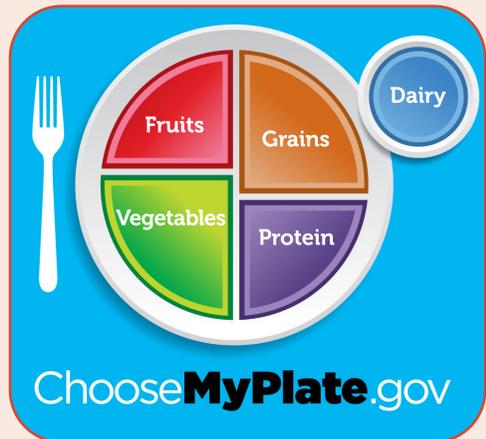
INSTRUCTIONS/QUESTIONS:

1. Using the MyPlate worksheet on the following pages, you will learn the effects of food decisions on your daily life and gain a better understanding of nutritional guidelines.
2. Through the MyPlate activity, you will practice balancing meals with the five food groups in order to stay on track to achieve your wellness goals.

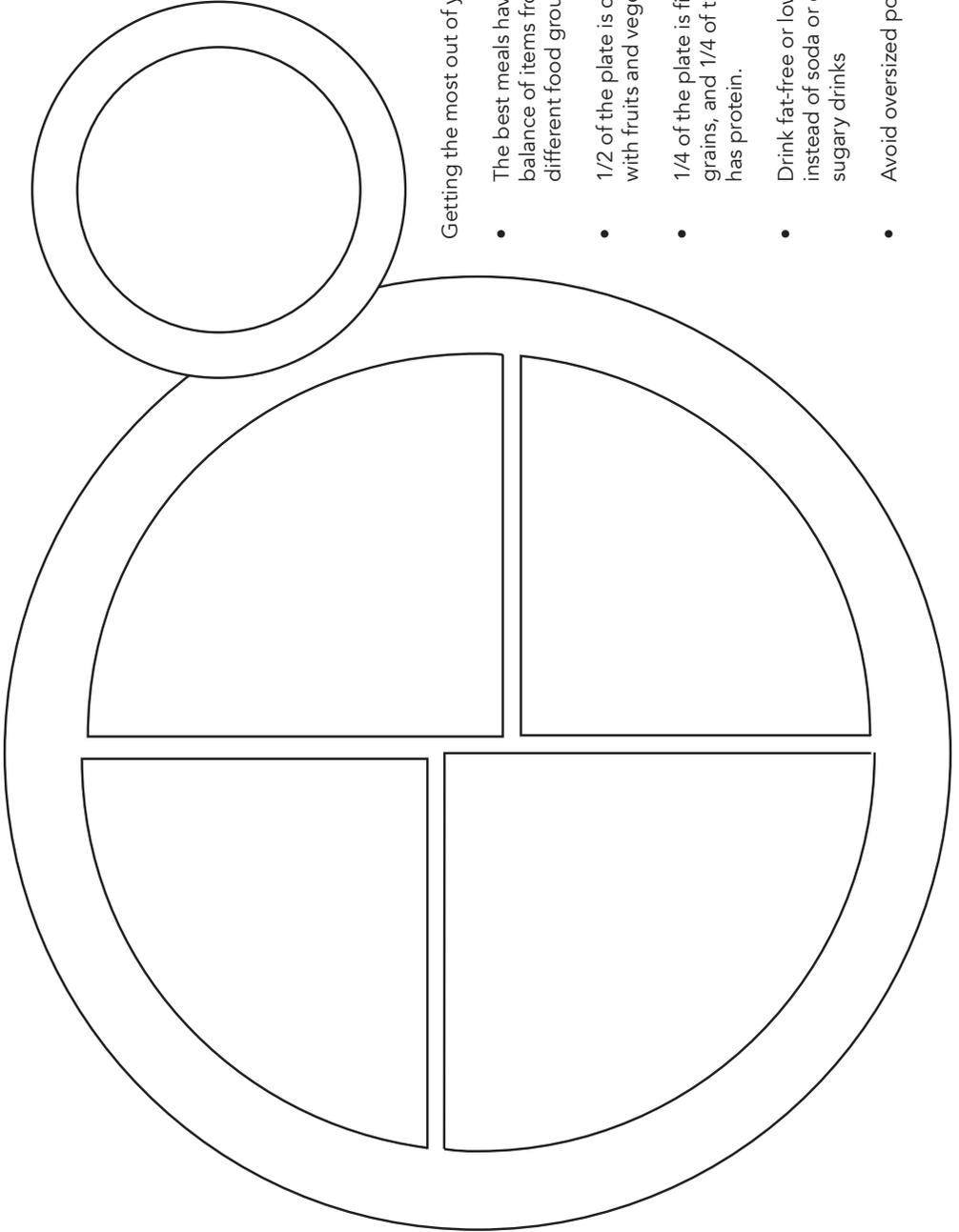
The MyPlate is divided into five healthy food categories:

- Grains
- Proteins
- Fruits
- Vegetables
- Dairy

3. After you complete the MyPlate worksheet, reflect on the foods you generally eat in a day. Would you consider yourself a healthy eater? Are there ways you can improve your daily eating habits? Using your journal, write down three ways you can improve your eating habits by incorporating the MyPlate strategy.



MyPlate



Getting the most out of your meals:

- The best meals have a balance of items from the different food groups.
- 1/2 of the plate is covered with fruits and vegetables.
- 1/4 of the plate is filled with grains, and 1/4 of the plate has protein.
- Drink fat-free or low-fat milk instead of soda or other sugary drinks
- Avoid oversized portions.



WEEK 2

The Food Log Worksheet

INTRODUCTION:

During week two, you learned how nutrition plays an important role in your overall wellness through the MyPlate activity. Now that you understand the importance of balance between the five food groups and wrote down ways to improve your daily eating habits, your next challenge is to begin tracking your daily meals.

MATERIALS (IF NEEDED):

Food Log worksheet

INSTRUCTIONS/QUESTIONS:

1. Use the Food Log worksheet to track your daily meals.
2. Every day, you will write what you ate for each meal in your Food Log worksheet. Doing this will allow you to track your healthy meals and keep yourself accountable when it comes to maintaining a healthy balance between the five food groups. Focusing on healthy nutrition as well as physical fitness will help you continue to work towards the goals that you set in the beginning of the program.



Food Log Worksheet

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

WEEK 3

Importance of Overall Wellness

INTRODUCTION:

Overall wellness is not simply defined by exercising. Overall wellness consists of a comprehensive plan, including completing workouts, staying hydrated, healthy eating, and getting enough sleep each night. Focusing on all components of wellness will help you achieve an improved level of physical and mental fitness.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Using your journal list four things in your life that you can change to improve your overall wellness.

Examples of things you would like to change in your life:

- Go to bed on time.
 - Play less video games.
 - Ride my bike more.
 - Eat healthier snacks.
2. Next, list the steps you are going to take to implement those changes.



WEEK 3

Taking Action to Improve Your Overall Wellness

INTRODUCTION:

Often trying to achieve multiple goals, can be overwhelming. To begin your path to improved overall wellness, start with one goal. Once you see progress you can work towards completing your other goals.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Using the list from the journal activity in week three, choose two aspects of your life that you want to change to help improve your overall wellness and create a vision board using the worksheet in your manual.
2. You can use words, pictures, cutouts from magazines to design your vision board.
3. Your vision board will help you stay on track and motivate you to reach your goals in the program.



WEEK 4

Maintaining Good Life Habits

INTRODUCTION:

Setting goals and maintaining overall wellness can be challenging. Fortunately, there are many ways you can stay on track to reach your goals. For example, you can create a daily schedule to stay consistent when you are trying to create new healthy habits.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Think about habits that you have in life. Are they good habits or bad habits?
2. Write down your habits in your journal and think of how each habit has a positive or negative influence on your life.
3. If one of your habits has a negative influence on your life, list steps you can take to make it more positive.



WEEK 4

Choosing Good Life Habits

INTRODUCTION:

Earlier this week, you learned about the importance of consistency when it comes to developing good life habits. Through this week's challenge, you will put those concepts into action by identifying how your good habits will help you maintain and improve your overall wellness.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Choose two good life habits that you want to maintain for the remainder of this program. They can be good habits you currently have or an area of your life you want to improve.
2. Write these habits down on your vision board as a reminder throughout the program to help you stay consistent.
3. You can use words, pictures, or cutouts from magazines to design your vision board.



WEEK 5

Accountability and Support Systems

INTRODUCTION:

Accountability means being responsible for your actions and accepting the positive or negative consequences that go along with them. Holding yourself accountable is an important part of reaching your wellness goals because it allows you to evaluate your ability to follow through on a task. Sometimes, achieving your goals can be intimidating, especially if you're not sure where to start. One way to continue to reach your goals is to create a support system. A support system is a group of people that can provide you with additional guidance and advice on your journey to achieving your goals. This can include a sibling, parent/guardian, friend, teacher, or mentor. When setting goals for yourself, it's important to identify who is in your support system to help keep you on the path to success.

MATERIALS:

Journal/Vision Board

INSTRUCTIONS/QUESTIONS:

1. Using your journal, identify the people in your support system.
2. What are ways they can help you achieve your goals and be successful during this program?



WEEK 5

Support Systems: "Flipping the Script"

INTRODUCTION:

Earlier this week, you were introduced to the concepts of accountability and support systems to help you achieve your goals. Although, the individuals in your support system are there to aid you in reaching your milestones, it's important to also "flip the script" and help those people who are supporting you to achieve their goals. Being able to help each other be successful, will strengthen your relationship and make you each more determined to reach your goals.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Discuss your overall wellness goals with your support system and identify the ways you would like them to encourage you.
2. After, you have discussed your goals, "flip the script" and talk to the people in your support group about their personal goals.

Sample questions to ask:

- What goals do you want to achieve?
- What are good life habits that you have or would like to implement?
- What helps to motivate you?
- What are ways that we can work together and help each other reach our goals?



WEEK 6

Midway Check-In

INTRODUCTION:

You are officially halfway through the program! This is a great time to do a self-evaluation, reflect on your accomplishments, add or change goals and check in with your support system to see your progress.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Looking at your vision board and journal, have you achieved your short-term goals? If not, that's okay, think about what needs to change to get back on track.
2. Stay positive and get ready for the second half of the program!



WEEK 6

Midway Check-In: Reassess Your Long Term Goals

INTRODUCTION:

As you begin the second half of the program, reassess your long-term goals. Make sure that you are on track to achieve them by creating a new set of short-term goals to hold you accountable.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Looking at your vision board and journal, think about how you can stay accountable to reach your long-term goals at the end of the program.
2. Do you need to make any changes in order to stay on track? Are there any new short-term goals that you would like to work on for the second half of the program?
3. Use your vision board and journal to write down and track these new goals.



WEEK 7

Sleep and Your Nightly Routine

INTRODUCTION:

As mentioned earlier in the program, having healthy sleeping habits is an important part of improving your overall wellness. The amount of sleep you get each night directly correlates to how your body performs the following day. Just like in your everyday life, you create a routine each day that helps you accomplish different tasks. The same should be true when it comes to your sleeping habits. According to the National Sleep Foundation, it is recommended that children ages six to 13 get nine to 11 hours of sleep each night. Having a nightly routine helps you to develop good sleep habits and aid in waking up well rested and refreshed.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Using your journal, think about your current nightly routine. Do you have a set list of things to accomplish before you go to sleep? Write them down in your journal.
2. What are some things that you could change or incorporate to help you prepare for a better night's sleep? Write your thoughts down in your journal.

Examples of healthy sleeping habits:

- Turn off electronics earlier.
- Read a chapter of a book before bed.
- Brush your teeth.



WEEK 7

Sleep: The Five Step Routine

INTRODUCTION:

Earlier this week, you explored the benefits of having a routine before going to bed. Using the tasks in the activity below, you will experience the positive impact a nightly routine has on your daily life.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

At this point in your overall wellness journey, you need to take steps to get you ready for the following day and help you wind down your body and mind to relax for a good night's sleep. Look at the list below, do you recognize any of your routine habits? If not, work to implement these into your nightly routine to set yourself up for success!

Five-Step Routine:

1. Create your to-do list
 - What did you complete today? What task didn't you complete that needs to be completed tomorrow? What do you hope to achieve tomorrow?



2. Quick clean-up

- Take a few minutes to clean up your room, bathroom, or any other area that may need some organizing. Being in a clean environment can reduce stress.

3. Wind down and clear your mind

- Try not to worry about any stressful things from today, focus on what you accomplished and have a positive mindset for tomorrow.

4. Be grateful

- Remember that every day is a chance to accomplish something great. Reflect on one thing that you did today that made you happy.

5. Turn off lights, electronics, and rest

- It is important before going to sleep to make sure there is nothing that is stimulating your brain. Be sure to turn off any lights, televisions, and phones for the night.



WEEK 8

Managing Stress

INTRODUCTION:

There are times in your life when you might feel nervous, overwhelmed, worried, or anxious. All of these feelings can cause you stress which has a negative influence on the mind and body. Stress is something that people of all ages encounter. The good thing about stress is that, by making a few small changes, you can address the stressors in your life and work to overcome them.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Using your journal, list things in your life that cause you stress.
2. Begin to think of how you could change or adjust your lifestyle in order to relieve stress in your life. Can you reach out to anyone in your support system when you are feeling stressed?



WEEK 8

Managing Stress: Changing Habits

INTRODUCTION:

There are two kinds of stress in life: the kind you can control and the kind you cannot. By focusing on putting good habits in place throughout your day, you can work to manage the stressors in your life.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Earlier this week, you brainstormed things that may cause stress. Looking at the ones you can control, choose two that you would like to change.
 - Using your journal and/or vision board, create a plan and set short term and long-term goals that will help you change those stressors.

Examples of habits you would like to focus on:

- Drink more water instead of sugary drinks.
- Study more for school.
- Clean up my room.
- Make my bed every morning.



INTRODUCTION:

Sometimes we experience obstacles in life, and there are two ways to react to them. You can give up or you can learn from them, turn them into a positive experience, and grow from them. Take the game of baseball as an example; some of the best baseball players in the world walk up to the plate and fail seven out of ten times. And while the three successful at bats are great, the player learns and grows most from the seven failed attempts. The important lesson is to never give up trying to be successful. Through failure you learn how to be resilient and overcome adversity. Remember that when you fail, you've created an opportunity to learn, grow, and succeed.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Think about times in your life where you didn't achieve one of your goals? How did you handle that failure? Do you feel like you learned and grew from that experience? If not, how could you have handled the situation better?
2. Make a note in your journal or on your vision board to never give up and always work to succeed after you fail!



WEEK 9

Turning Weaknesses into Strength

INTRODUCTION:

Earlier this week you learned about resiliency, the importance of never giving up, and learning from your failures. Every time you fail, you have the opportunity to improve your self-awareness. You can see what you need to improve on and work to overcome it in the future. Be honest with yourself when creating goals, try to think of ways to improve upon your weaknesses and turn them into strengths.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Using your journal and/or vision board, list what you feel are your strengths and weaknesses. They can exist in life, school, sports, etc.
2. Once you have listed both your strengths and weaknesses, choose one weakness that you would like to turn into a strength.
3. Take that weakness and challenge yourself to turn that into a strength by the end of this program!



WEEK 10

Mixing Up Your Routine

INTRODUCTION:

Creating a daily routine from the time you wake up to the time you go to bed is important to your overall wellness journey. There will always be things that happen throughout the day that you do not expect, however, having a routine with good habits will help you accomplish what you need to do each day. In order to prevent monotony, occasionally try to mix up your daily routine. For example, you have been mixing up the types of workouts that you have been doing throughout this program to make sure that your body is not getting used to the same thing repeatedly and can successfully grow. So, use the same strategy in your daily routine to keep yourself engaged and positive in your own life.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Take some time to think about your daily routine and how you may be able to mix up some of the things that you focus on each day.
2. Write down in your journal what your typical daily routine looks like.



WEEK 10

Adding Variety to Your Routine

INTRODUCTION:

Earlier this week, you thought about your daily routine and what it takes for you to succeed each day. You also learned about the importance of mixing up your routine to increase your chances of succeeding. Your next challenge is to see how you can implement these changes each day.

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

Think about the things you accomplish on a daily basis.

1. Challenge yourself to change one or two things in your daily routine. This change could be taking something out of your day that is not necessary or adjusting something that you are doing to make it more efficient.
2. Continue to make these modifications to your routine every few weeks and track these changes to your routine in your journal to see how each change helps you succeed along the way.

Examples of modifications

- Original routine: Every day at 2:00 p.m., I eat a bag of chips as a snack.
- Modified routine: Every day at 2:00 p.m., I will eat an apple or an orange as a snack.



WEEK 11

Finishing What You Started

INTRODUCTION:

You are now in the last two weeks of this 12-week program. You have been working hard each week to increase your overall wellness. You have learned different types of exercises, how to use different muscle groups, how to eat healthy, and create good life habits. It is important to maintain a positive outlook and the good habits that you have created. This will help you reach both your short-term and long-term goals that you created in the beginning of the program.

Keep up the great work and finish what you started in the last two weeks of this program!

MATERIALS:

Journal

INSTRUCTIONS/QUESTIONS:

1. Looking at your vision board, reflect back on the progress you've made since beginning the program. Reflect on any adversity you have encountered and evaluate how you overcame those challenges.
2. Get ready to finish this program on a high note!



WEEK 11

Refining Your Overall Wellness Strategy

INTRODUCTION:

Earlier this week, the main focus was on the importance of finishing what you started to complete the program on a positive note. Going into the final week, you want to make sure that you are doing everything possible to succeed.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Looking back at past challenges, your progress, and what you have learned, challenge yourself to incorporate all of the aspects of healthy overall wellness to reach your long-term goals. If you need to make any last second adjustments to succeed, now is the time to do it.
2. Finish the last week of the program strong!



WEEK 12

Self Reflection Is Part of Your Overall Wellness

INTRODUCTION:

During the last week of the program, you should look back at what you have accomplished as well as look forward to what you can continue to achieve after you have completed the program.

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

Look back at any adversity you faced during the program.

1. How can you learn from those challenges and turn them into future successes?
2. Use your notes from your vision board and past journal entries to create a new journal entry to set yourself up for success and set wellness goals for the future.
3. How can you continue to incorporate the things you learned in this program to help you continue to grow? Using the concepts you learned throughout this program, think about what how you will maintain a healthy lifestyle in the future.



WEEK 12

Continuing Your Wellness Journey

INTRODUCTION:

You have completed the Ripken Foundation Virtual Fitness Program! Congratulations! You persevered through difficulties and many challenges but most importantly, you learned how to put strategies in place to enhance your overall wellness. Take this time to congratulate yourself, see both the physical and mental progress that you have made and how far you have come. But remember, the hard work does not stop here.

Continue this new lifestyle, and continue to grow and improve yourself each day!

MATERIALS:

Journal, Vision Board

INSTRUCTIONS/QUESTIONS:

1. Your final challenge of this program is to continue this positive wellness journey. Do not stop here; let this be a starting point to a life full of challenges, successes and failures, growth and a rejuvenated you!



Food Log Worksheet

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Food Log Worksheet

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