



UNITED STATES ARMY
CHILD & YOUTH SERVICES

Fort Huachuca
Youth Sports and Fitness
COVID-19 Home Survival Guide



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Note: Before beginning a formal Fitness Program, a medical evaluation should be performed by a Pediatrician or Family Physician.

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Introduction

What is the Fort Huachuca Youth Sports and Fitness COVID-19 Home Survival Guide?

This Guide was developed to provide parents and children/youth with a simple and efficient way to stay active and healthy while remaining safe at home during the COVID-19 Pandemic.

The benefits of this Program include:

- Improved eating habits.
- Improved motor skill development.
- Improved sports performance.
- Improved cardiorespiratory fitness.
- Introduction to the development of muscle strength, power, and endurance.
- Improved body composition.
- Increased Bone Mineral Density (BMD).
- Increased resistance to sports-related injuries.
- Improved psychosocial well-being of children/youth and their Families.
- Promotes healthy habits early!

For any questions regarding the information covered in this Guide, please contact the Fort Huachuca Youth Sports and Fitness Office at (520) 533-8437.

Nutrition

Nutrition is a key proponent to fighting childhood obesity! Follow these simple steps to improve your eating habits.

Half of your plate should be made up of colorful fruits and vegetables to ensure that you are getting all of the important vitamins, minerals, and fiber your body needs to grow strong and healthy. Follow the MyPlate Plan to ensure that you are consuming a healthy balance of fruits, vegetables, grains, protein, and dairy products.



Stick to whole grains rather than refined grains to get the Dietary Fiber, Iron, and B Vitamins that you need for a healthier you. Examples of whole grain products include oatmeal, whole cornmeal, brown rice, and quinoa. Limit consumption of refined grains (e.g., white bread, donuts, and cookies).

Limit foods high in Saturated and Trans Fats such as desserts made with butter, margarine, or shortening; processed and fatty breakfast meats (e.g., sausages and bacon); hotdogs; pizza; and ice cream.

Choose lean proteins such as chicken breast, turkey breast, 90% lean or higher ground beef, eggs, nuts, and beans.

Eliminate sugary drinks and stick to water, unsweetened beverages, non-fat milk, and low-fat milk. Limit drinks such as soda, juices, and sports drinks that are packed with added sugar and calories.

To prevent dehydration, the Centers for Disease Control and Prevention (CDC) recommends consuming the following amounts of fluids per day:

Age	Amount of Fluid Needed
Up to 12 months	3 cups
1 to 3 years	4 cups
4 to 8 years	5 cups
6 to 13 years	8 cups
14 years and over	11 to 13 cups for males and 8 to 9 cups for females

Remember to take into consideration that we lose additional body fluid through physical activities. Fluid consumption should be increased on days when performing physical activities.

For more information on preventing dehydration in children/youth, visit the following website:

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/dehydration/art-20047470>

Food Label Finger Test - Read Food Labels with Ease!

The next time you are at the grocery store, try the Finger Test to determine which food products are healthy and which are not (“empty calories”).

For this label reading method, all you need is your hand and these easy to remember guidelines.

When looking at a food label, make a fist with your hand. For each of the following statements that is true:

Put one finger up if

1. The food product has 5 grams (or 10%) or more Protein.
2. The food product has 5 grams (or 10%) or more Dietary Fiber.
3. The food product has 10% or more Vitamin A.
4. The food product has 10% or more Vitamin C.
5. The food product has 10% or more Calcium.
6. The food product has 10% or more Iron.

Put one finger down if

7. The food product has 10% or more of total Fat.
8. The food product has 200 calories or more per serving.

How many Fingers make a Food Product Nutritious and Healthy?

- If you have any fingers up, the food product is nutritious.
- If you have no fingers up, the food product is not nutritious.

Let's use the following food label as practice. If you go down the list of nutrients using the Finger Test, you will have 4 fingers up for Vitamin A, Vitamin C, Calcium, and Iron. This is considered a nutritious food product!



Can Help Lower Cholesterol & Reduce the Risk of Heart Disease*

INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, MODIFIED CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, CALCIUM CARBONATE, TRIPOTASSIUM PHOSPHATE, CANOLA AND/OR RICE BRAN OIL, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D, NATURAL ALMOND FLAVOR, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. CONTAINS ALMOND AND WHEAT INGREDIENTS.

DISTRIBUTED BY **General Mills Cereals, LLC**
 GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA
 © 2007 General Mills. May be mfg. under U.S. Pat. Nos. 5,433,490; 5,523,109; 5,968,572; 7,021,525

Nutrition Facts
 Serving Size ¼ cup (28g)
 Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 3g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 250mg sodium, 320mg potassium, 28g total carbohydrate (15g sugars) and 7g protein.

** Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Exchange: 1½ Starch
 Exchange calculations based on the *Exchange Lists for Meal Planning*, ©2003 the American Dietetic Association, the American Diabetes Association.

Functional Fitness

Functional Fitness helps youth become proficient in physical activity and movement while having fun.

To ensure that your child is participating in enough Physical Fitness per week, the CDC provides the following recommendations:

Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.

This Phase is critical for the success in sports and fitness activities later in their lives.

Suggestions for this group are as follows: Limit activities to between 20 and 30 minutes, change activities often, provide game-related activities focused on motor-skill development (e.g., Start Smart Developmental Sports). For additional information, please visit the following website: <https://www.nays.org/programs/start-smart/>

Children and adolescents (ages 6 through 17 years) should perform 60 minutes or more of moderate-to-vigorous physical activity daily:

Suggestions for this group are as follows: Activities should last a minimum of 30 minutes, parent/sibling participation is encouraged, provide competitive activities, instill leadership, and focus on individual interest for adolescents.

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least three days a week.
- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.
- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a week.

For additional information on Physical Activity guidelines, visit the following website: <https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>

The following chart can be used as a reference when building your age-appropriate plan at home. When at home, utilize sites like Youtube to look up and learn the proper techniques and guidance for age-appropriate exercises, games, and drills. In addition, there are many great websites that provide Exercise Databases that explain and demonstrate exercises and show which muscles are being trained.

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/experience/beginner/>

Child, Youth and School Services, Functional Fitness Manual for Children and Youth

COMPONENTS	PHASE 1 Adaptation/Stabilization	PHASE 2 Strength/ Integrated Stabilization	PHASE 3 Maximal Strength/Advanced Coordination	PHASE 4 Advanced Performance/ Maintenance
<u>STRENGTH/FITNESS</u>	Posture Basic Exercise Progression	Intermediate Exercise Progression	Advanced Exercise Progression	Application and Combination Toward Goal Progression
<u>AGILITY/ COORDINATION</u>	Body Coordination Form & Mechanics	Body Awareness Hand/Eye Coordination Multi-directional Movement	Multi-directional Reactions Transitional Movements	Applicability to Goal
<u>CORE/STABILIZATION</u>	Corrective Exercises Core Development	Integrated Stabilization Single Leg Movements Muscular flexibility	Compound Movements Spatial Awareness	Specificity to Objectives
<u>SPEED/REACTION</u>	Acceleration Reactionary Body Control	Cutting Change of Direction First Step Lateral Quickness	Complex Reaction Advanced Plyometric	Endurance Specificity

Clark, Michael, Scott Lucett, and Donald T. Kirkendall. *NASM's Essentials of Sports Performance Training*. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins, 2010. Print.

For additional information on Physical Activity Plans, visit the following website:

<https://sports-safety.hss.edu/courses>

INJURY PREVENTION

Youth Sports injuries are one of the main reasons youth choose to stop playing sports. This can be prevented with a proper Injury Prevention Protocol.

The following formula works great for a fast tempo, efficient, and effective warm-up and/or to get a great workout!

Step one:

Pick up to six Functional Exercises that work specific muscles or actions that are closely related to the designated sport or activity in which you participate.

Step two:

Once you have selected the Functional Exercises for the designated sport or activity, use the following sets/reps/rest scheme to develop your personal Injury Prevention Protocol: 2 Sets, 30 seconds each, with a 15-second break in between Sets.

Step three:

Set up your area with 2 sets of 6 cones running parallel and each about 5 yards apart. You will need a stopwatch or use your cell phone.



Note: Picture obtained from the FMARC 11+ Program materials

With good preparation, this Injury Prevention Protocol should take less than 10 minutes to perform. Please see the next page for an example.

Ages 9 and Up Warmup Protocol

The following example is designed for athletes who play Basketball. The selected exercises focus on power development (Jumping), proper landing mechanics (coming down from a Rebound), lower extremity strengthening (strengthening muscles around injury prone knee/ankle joints), and change of direction (cutting, defensive guarding, fast breaks, etc.). In addition, a Cool Down is included to assist Injury Prevention.

- **Single Leg Stance Ball Throw (x1 Chest Pass and x1 Overhead Pass)**
<https://www.youtube.com/watch?v=s7zneqiiE8>
- **Side Shuffle between Cones (Defensive Shuffle)**
<https://www.youtube.com/watch?v=aFtFDwHAs04>
- **Walking Lunges**
<https://www.youtube.com/watch?v=L8fvypPrzss>
- **Broad Jumps (Power & Landing Mechanics)**
<https://www.youtube.com/watch?v=96zJo3nlmHl>
- **SL Jump (Alternate from right to left leg each jump)**
<https://www.youtube.com/watch?v=hYOKg4ii6hl>
- **Plant and Cut**
<https://www.youtube.com/watch?v=SwuAg9loXC8>

2 Sets, 30 seconds for each exercise, 15 seconds to rest between each Set.

8U Warm-Up Protocol

- **Red light / Green light at the Coach's cues.**
-Cones set 20 yards apart.



- **Mirror drill (Defensive Position)**
<https://www.youtube.com/watch?v=zZXmTLUwTDM>
-Cones 5 yards apart.



- **Frog Jumps**
- Cones set 20 yards apart.



2 Sets, 30 seconds each, 30-second break between Sets. If children are not using mats, they should be advised to wear shoes.

Cool Down to be performed at the end of Practices/Activities

Child's Pose to Cobra



CHILD'S POSE



COBRA

(Pictures courtesy of HEP2GO.com)

- Perform child's pose by sitting back on your feet and bending forward to let your arms stretch far out in front of you.
- Hold for 5 seconds.
- Transition all the way forward to Cobra by having your hands and waist on the ground and raising your torso as far as you can while still keeping your waist on the ground.
- Hold for 5 seconds. Perform this 5 times.

MINDFULNESS MEDITATION

The COVID-19 pandemic has been overwhelming for many and has created strong emotions in adults and children/youth. There are many ways to cope with stress in a healthy manner. One method is through Mindfulness Meditation. Mindfulness Meditation is a mental training practice that helps you calm both your mind and body by teaching you to slow down negative thoughts and to remain present in what you can control.

The Mayo Clinic recommends the following Mindfulness exercises:

Body Scan Meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions, or thoughts associated with each part of your body.

Sitting Meditation. Sit comfortably with your back straight, feet flat on the floor, and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

Walking Meditation. Find a quiet place, 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn, and continue walking, maintaining awareness of your sensations.

For more information on Mindfulness Meditation for children/youth, visit the following website:

<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

References

<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

<https://www.choosemyplate.gov/>

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<https://sports-safety.hss.edu/courses>

[Child, Youth and School Services, Functional Fitness Manual for Children and Youth](#)

Clark, Michael, Scott Lucett, and Donald T. Kirkendall. *NASM's Essentials of Sports Performance Training*. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins, 2010.

National Alliance for Youth Sports (NAYS), Start Smart. www.nays.org

Youth Sports & Fitness Resources

How Athletes Maintain Physical Fitness during a Pandemic

<https://www.nays.org/sklive/for-parents/how-athletes-maintain-physical-fitness-during-a-pandemic/>

Expert Insight for Hacking your Child's COVID-19 Anxiety

<https://nays.org/sklive/features/expert-insight-for-hacking-your-child-s-covid-19-anxiety/>

COVID-19 Lockdowns Worsen Childhood Obesity, Study Finds

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Water Wise: Hydration Tips while Isolating

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Adapt and Thrive: Family Tips to Maintain Mental and Physical Wellness

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Race Relations: Leading Constructive Conversations with Kids and Teams

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Busting Boredom, Squashing Stress

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Managing Emotions: Helping Young Athletes Cope and Thrive

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Families who Work Out Together Thrive Together

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Ramp up Your Young Athlete's Workout

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Power Statements: Olympian Insights on using them to Bolster Mindsets

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Mindset Management: Olympian's Keys to being Positive and Intentional

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On the Move

<https://www.nays.org/sklive/for-parents/on-the-move/>

Home-Schooled Teens Embrace Ready, Set, RUN! Program

<https://www.nays.org/blog/home-schooled-teens-embrace-ready-set-run-program/>

The Power of Sports: Amazing Women Opening Doors for Girls Worldwide

<https://www.nays.org/blog/the-power-of-sports-amazing-women-opening-doors-for-girls-worldwide>

Family Fitness

<https://nays.org/sklive/features/family-fitness1/>

For additional resources, please visit <https://nays.org/>