2026 FITNESS CHALLENGE

Name: _____

SARASOTA County Schools

LECOM
LAKE ERIE COLLEGE OF OSTEOPATHIC MEDICINE

Boar's Head
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SCF
STATE COLLEGE OF FLORIDA
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Florida HEALTH
Sarasota County

SWAT
STUDENTS WORKING AGAINST TOBACCO

WE SUPPORT
A HEALTHY LIFESTYLE

ORIOLES
HEALTH & FITNESS CHALLENGE
Eat Train Live
LIKE THE PROS

Welcome to the Orioles 2026 Health & Fitness Challenge!

Orioles players and coaches know as well as anyone how important your overall health and wellness is to your development, and achieving your life goals. Over the next five weeks, we will work together to help you make healthy food choices, live a tobacco-free lifestyle, and exercise on a regular basis. At the conclusion of the program, you will know how to:

- ☑ Eat like a pro
- ☑ Train like a pro
- ☑ Live like the O's

ORIOLES
HEALTH & FITNESS CHALLENGE

JIM PALMER, National Baseball Hall of Famer, Orioles Legend, and MASN Broadcaster

"It is all about habits – good and bad. Establish good habits when you are young. Eat healthy, exercise regularly, and choose not to use tobacco. Bad habits are difficult to change, so it's best not to start down the wrong path."

BRIAN ROBERTS, Orioles Hall of Famer and Community Ambassador

"I have learned that if you use tobacco, you increase your risk for cancer, cardio-vascular disease, stroke, and many other diseases. I have chosen to NOT use tobacco products and so should you!"

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THANK YOU
TO OUR PARTNERS

STAY HEALTHY AT ED SMITH STADIUM

Eat like a pro Train like a pro Live like the Os

LOOK FOR THIS ICON

What's on *your* plate? Look for this icon next to items at the concession stand and make healthy food choices!

ORIOLES
HEALTH & FITNESS CHALLENGE
Eat Train Live
LIKE THE PROS

THANK YOU SPONSORS

SARASOTA County Schools · LECOM Lake Erie College of Osteopathic Medicine · Boar's Head Compromise elsewhere · SCF State College of Florida Manatee-Sarasota · Florida HEALTH Sarasota County · SHAPE America Society of Health and Physical Educators

ALL PARTICIPANTS RECEIVE

FEBRUARY/MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					20 NYY 1:05	21 PIT 1:05
22 DET 1:05	23 ATL 1:05	24 MIN 1:05	25 TB 1:05	26 DET 1:05	27 PIT 1:05	28 ATL 1:05
1 BOS 1:05	2	3 NED 1:05	4 HOU 1:05	5 TB 1:05	6 STL 1:05	7 MIN 1:05 / ATL 1:05
8 TOR 1:05	9 STL 1:05	10 HOU TBD	11 PIT 1:05	12	13 PHI 1:05	14 PIT 1:05
15 NYY 6:05	16 BOS 6:05	17 DET 1:05	18 TOR 1:07	19 NYY 1:05 / PIT 6:05	20 BOS 6:05 SPRING BREAKOUT / NYY 6:35	21 PHI 1:05
22 WSH 1:35 ORIOLE PARK AT CAMDEN YARDS	23 WSH 1:05 NATIONALS PARK					

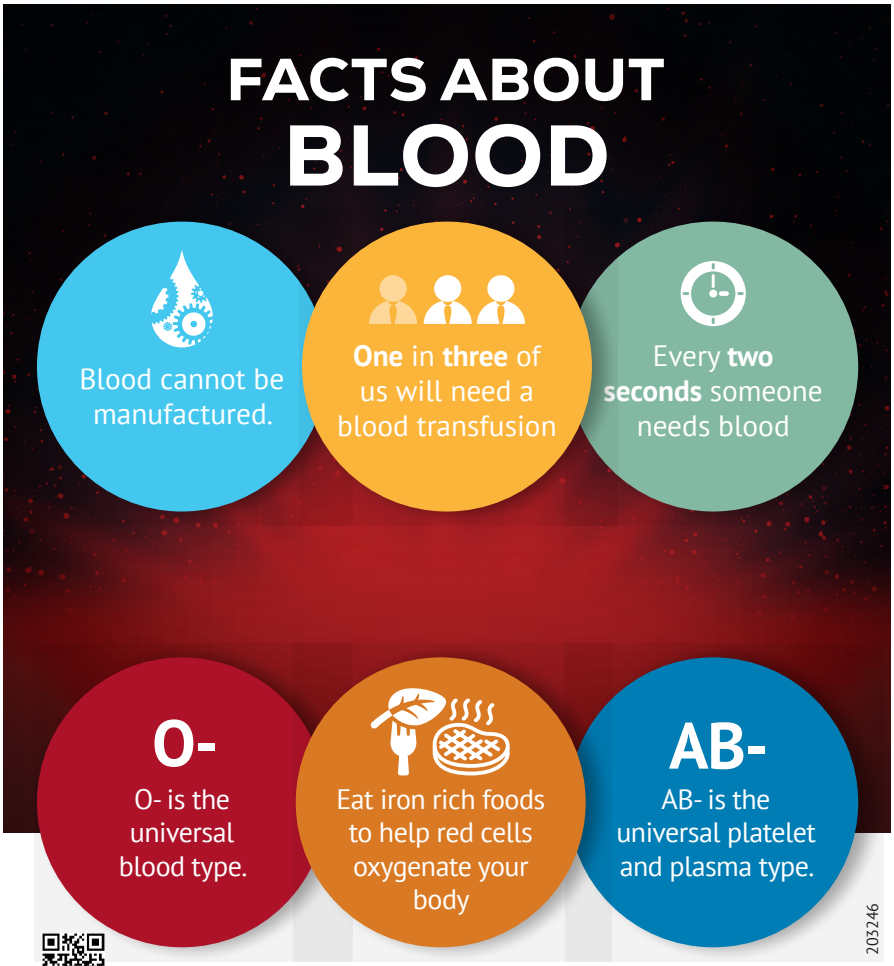
HOME AWAY

OUR HEALTHY PLATE

Dairy Group	Fruit Group	Vegetable Group	Grains & Whole Grains	Protein Group
Provides vitamins, minerals & electrolytes for muscles & bones	Contains a lot of fiber, vitamins, minerals and antioxidants that are good for your overall health	Provides essential antioxidants to protect cells and keep you healthy	Provides the energy source for your muscles and brain	Strengthens the body's building blocks: bones, muscles, skin and blood

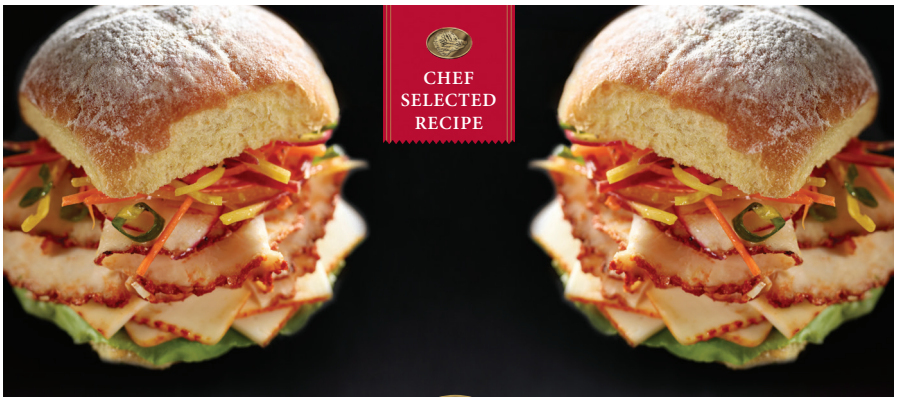
Sue A. James, MS, RDN, LDN, Orioles Team Nutritionist

HEALTHY BODY



http://givelife.io/wellness

SNACK HEALTHY



CHEF SELECTED RECIPE

Boar's Head

BLAZING BUFFALO® CHICKEN SLIDERS

INGREDIENTS

12 slices	Blazing Buffalo® Style Chicken Breast (3 slices per slider)
4 slices	Muenster Cheese (1 slice per slider)
2 cups	Vegetable Coleslaw (Carrots, Cilantro, Red Onion, Red & Yellow Peppers)
4 leaves	Butter Lettuce
To taste	Olive Oil, Salt & Pepper
4 each	Slider-Style Sandwich Rolls

DIRECTIONS

1. Prepare the vegetable slaw by thinly slicing carrots, red & yellow peppers and red onion. Season with salt, pepper and olive oil.
2. Place slider buns on a clean surface. On the bottom half of each slider, add lettuce and cheese, followed by the chicken. Top with the vegetable slaw.
3. Crown the sliders with the top portions of the buns and serve.

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MAKE BETTER CHOICES
SEE BETTER RESULTS

1. FRESH FOODS ARE GOOD. PROCESSED FOODS ARE NOT.

Processed foods like frozen pizzas, chicken nuggets, and frozen burritos contain added ingredients so the product can stay on the store shelf for months. Fresh foods include fresh fruit, fresh vegetables, and fresh meat and do not have any added ingredients. When choosing foods, choose foods with fewer than five ingredients.

2. ADDED SUGARS TO FOOD ARE NOT GOOD.

Processed foods often have sugar, fat, and salt added to them. When you read the nutrition label and sugar is listed in the first two or three ingredients, a lot of sugar has been added. A teaspoon of sugar equals 4 grams. A 12 oz. soda contains 41 grams of sugar.

3. CONSUME MEAT, DAIRY, AND WHITE FLOUR IN MODERATION.

Eat a rainbow of fresh fruit and vegetables every day.
Choose breads, pastas, and rice made with whole grains for more nutrients.
Eat a variety of lean proteins like fish, chicken, turkey, beans, and eggs to build muscle.

EAT THIS NOT THAT!

	CAL	FAT	SUGAR	PRO	VS.		CAL	FAT	SUGAR	PRO
Grilled Chicken	100	2g	0g	21g	→	3 oz Fried Chicken	190	9g	0g	15g
1 Sm. Potato	134	0g	1.7g	4g	→	2 oz Potato Chips	320	20g	1g	4g
1 Serv. Oatmeal	107	1g	0g	4g	→	3/4 c Sweet Cereal	110	1g	9g	1g
Blk Bean Burger	170	1g	3g	20g	→	Cheeseburger	300	12g	7g	15g
1 Skim Milk	90	0	13g	8g	→	1 Mocha Coffee	173	6g	23g	2g

Sue A. James, MS, RDN, LDN, Orioles Team Nutritionist

Drink This, Not That

The current limit of sugar consumption is *6 tsps. per day.*

Choose drinks that have less refined sugar.

- Make sure fruit juices aren't from concentrate and say 100% fruit juice.
- Water or naturally flavored water should be main source of drink choices.
- Children 9-13 years old should consume 7-8 cups of water per day.

Product	Sugar Content
Water 250 ml	**0 tsp. / 0 g.**
Infused or Sparkling Water 250 ml	**0 tsp. / 0 g.**
Low-fat Unflavored Milk 300 ml	**2.85 tsp. / 12 g.**

Product	Sugar Content
Soft Drinks *(bottle)* 600 ml	**12.25 tsp. / 65 g.**
Soft Drinks *(can)* 375 ml	**10 tsp. / 41 g.**
Energy Drinks *(can)* 250 ml	**6.75 tsp. / 27 g.**
Powerade 600 ml	**11.5 tsp. / 45 g.**

Product	Sugar Content
Gatorade 600 ml	**9 tsp. / 36 g.**
Orange Juice 250 ml	**5 tsp. / 20 g.**
Fruit Drinks from concentrate 200 ml	**4.5 tsp. / 18 g.**
Whole-Fat Chocolate Milk 300 ml	**7 tsp. / 28 g.**

- Soft drinks not only offer no nutritional benefits, but contain harmful ingredients like high-fructose corn syrup and multiple preservatives.
- Sugary drinks can contribute to tooth decay, obesity, heart disease, asthma, and diabetes.

FACTS ABOUT TEETH

The average American will spend **38.5 days** of their lives brushing their teeth

People who smoke are **2 to 7 times** more likely to develop periodontal disease than non-smokers

65 million American adults have some form of periodontal disease (about 40% women, 60% men)

People with periodontal disease are **2 times** more likely to develop heart disease

Brushing **twice a day** for at least 3 minutes each time (about the length of your favorite song) and flossing daily keeps your teeth and gums healthy

Don't forget to replace your toothbrush at least **every 3 to 4 months** to help prevent gum disease

The nation's largest private medical college, the Lake Erie College of Osteopathic Medicine has a branch campus right here in Lakewood Ranch offering a College of Osteopathic Medicine, School of Pharmacy, School of Dental Medicine and the School of Health Services Administration. The LECOM School of Dental Medicine, has a clinic that offers quality dental care to the public at discounted prices. For appointments call 941.405.1600.

LECOM
LAKE ERIE COLLEGE OF OSTEOPATHIC MEDICINE

DID YOU KNOW?

STUDENTS WORKING AGAINST TOBACCO

Community Service Hours, Public Speaking Skills, Leadership Skills, and more!

JOIN US!

Students ages 11-17, scan here or contact (941) 861-2969, Darlene.Sparks@flhealth.gov **for more information**

SCAN ME

Students Working Against Tobacco (SWAT) is Florida's statewide youth organization working to mobilize, educate and equip Florida youth to revolt against and deglamorize the tobacco industry. SWAT is a united movement of empowered youth working towards a tobacco free future. Join SWAT to plan events and activities, educate others, and socialize!

CONTACT

(941) 861-2969

SWAT

HELPFUL TIPS YOU NEED TO KNOW

Education Matters

5 Hacks to Be Your Best Version In and Out of the Classroom!

Choose Water. Swap those sugary sips for a refreshingly *sweet* glass of water. It'll help keep your mind (crystal) clear and your thirst quenched as you conquer your busy schedule!

Balance Nutrition. Choosing healthier munchies fuels your body and mind, prepping you for a fun day of learning. Snack time never felt this good!

Get Up and Move. Exercise isn't just about the physical. Flex your skills and find your favorite way to move and shake! You'll see increased energy levels that can supercharge your study game.

Catch Some ZZZs. Pulling all-nighters is a thing of the past. Embrace the power of a good night's sleep to boost your mood, sharpen your memory and crank up your academic performance.

Screen Time Detox. We get it; screens are fun. But setting limits on scrolling, streaming and gaming is the ultimate power move. A well-rested mind is a creative one. Time to hit refresh!

Proud sponsor

STATE COLLEGE OF FLORIDA
MANATEE-SARASOTA

SCF.edu

WELLNESS EXPLORED

MENTAL HEALTH TIPS

- EXPLORE YOUR CREATIVE SIDE.
- JOIN A SPORTS TEAM OR THE MARCHING BAND.
- PARTICIPATE IN CLUBS/ORGANIZATIONS.
- BUILD GOOD RELATIONSHIPS/TALK TO SOMEONE THAT YOU TRUST.
- VOLUNTEER/HELP SOMEONE ELSE.
- MANAGE/LIMIT SOCIAL MEDIA.
- BE KIND TO YOURSELF.
- JOURNAL YOUR THOUGHTS.
- ENJOY NATURE TO RELAX.
- SLEEP WELL TO FEEL GOOD.
  - 6 TO 12 YEARS OLD- 9 TO 12 HOURS
  - 13 TO 18 YEARS OLD- 8 TO 10 HOURS

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

CALENDAR

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	STRENGTH AND CORE ACTIVITY #1	ENDURANCE ACTIVITY	STRENGTH AND CORE ACTIVITY #2	SPEED & AGILITY	GAME DAY
2	STRENGTH AND CORE ACTIVITY #1	ENDURANCE ACTIVITY	STRENGTH AND CORE ACTIVITY #2	SPEED & AGILITY	GAME DAY
3	STRENGTH AND CORE ACTIVITY #1	ENDURANCE ACTIVITY	STRENGTH AND CORE ACTIVITY #2	SPEED & AGILITY	GAME DAY
4	STRENGTH AND CORE ACTIVITY #1	ENDURANCE ACTIVITY	STRENGTH AND CORE ACTIVITY #2	SPEED & AGILITY	GAME DAY
5	STRENGTH AND CORE ACTIVITY #1	ENDURANCE ACTIVITY	STRENGTH AND CORE ACTIVITY #2	SPEED & AGILITY	GAME DAY

WEEKS 1, 3, AND 5

MONDAY: STRENGTH AND CORE ACTIVITY #1

WARM-UP: 10 MINUTE WARM-UP

COMPLETE THE ORIOLES FIT CHALLENGE

	Fit Challenge 1	Fit Challenge 2
Shoulder Stretch		
1 Mile Run		
Push-ups		
Curl-ups		

SHOULDER STRETCH

ONE MILE RUN

PUSH-UP

CURL-UP

- Students should complete the Orioles Fit Challenge at the beginning of Week 1 and Week 5.
  - Measure the distance between both middle fingers for shoulder stretch, record the time it takes to complete 1 mile, record number of push-ups completed before breaking technique, and record the number of curl-ups completed in 1 minute.
- Students should record results in table provided.

COOL DOWN/STRETCH

TUESDAY: ENDURANCE ACTIVITY

GREAT OUTDOORS CIRCUIT

- Cycle through each of the 4 exercises for 30 seconds. Start the next exercise immediately after 30 seconds is up.
- Repeat circuit two more times with a 2 minute break in between.

Exercises include:

- Mountain climbers
- Frog jumpss
- Crab walks
- Bear crawl

COOL DOWN/STRETCH

WEDNESDAY: STRENGTH AND CORE ACTIVITY #2

WARM-UP: 10 MINUTE WARM-UP

BURPEES & PUSH-UP CHALLENGE

WEEKS 1, 3, AND 5

- Students complete as many burpees as they can in 30 seconds.
- Students complete as many push-ups as they can in 30 seconds.
- Complete this exercise for 3 rounds with a 2 minute rest in between each round.
- Record attempts in the table provided.

	BURPEE ATTEMPT 1	PUSH-UP ATTEMPT 1	BURPEE ATTEMPT 2	PUSH-UP ATTEMPT 2	BURPEE ATTEMPT 3	PUSH-UP ATTEMPT 3
WEEK 1						
WEEK 3						
WEEK 5						

COOL DOWN/STRETCH

THURSDAY: SPEED AND AGILITY

WARM-UP: 10 MINUTE WARM-UP

ACTIVITY 1: RELAY RACE

- Relay race with forward/backward sprints and lateral plyometric (explosive) jumps over cones.
- Separate students into even teams.
    - Lateral plyometric (explosive) jumps over cones.
    - Sprint forward to a certain point.
    - Jog backwards to the rest of your team.
- Next team member does the same exercises.
- Complete until everyone on the team has gone.

COOL DOWN/STRETCH

FRIDAY: GAME DAY

WARM-UP: 10 MINUTE WARM-UP

FREE-CHOICE FRIDAY

- Activity ideas: freeze tag, capture the flag, basketball, kickball, dance, swim, bike, etc.

COOL DOWN/ STRETCH

WEEKS 2 AND 4

MONDAY: STRENGTH AND CORE ACTIVITY #1

WARM-UP: 10 MINUTE WARM-UP

SIT TO STAND CHALLENGE:

- Students complete as many Sit to Stands as they can in 30 seconds.
- Students count and attempt to improve quantity each round.
- Complete exercise for 3 rounds with a 2 minute rest in between rounds.

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
WEEK 2			
WEEK 4			

CORE STRENGTH: COMPLETE EXERCISE FOR 3 ROUNDS

- 10 squats • 20 lunges • 20 leg lifts • 20 scissor kicks • 20 crunches • 30 second plank

COOL DOWN/STRETCH

TUESDAY: ENDURANCE ACTIVITY

SPORTS CIRCUIT

- Cycle through each of the 4 exercises for 30 seconds. Start the next exercise immediately after 30 seconds is up.
- Repeat circuit two more times with a 2 minute break in between.

Exercises include:

- Bicycle kicks • Skater squats • Boxing • Ski jumps

COOL DOWN/STRETCH

WEEKS 2 AND 4

WEDNESDAY: STRENGTH AND CORE ACTIVITY #2

WARM-UP: 10 MINUTE WARM-UP

PLANK CHALLENGE

- Complete the following plank exercises with a 20 second recovery in-between each exercise.
  - 40 second forearm plank
  - 45 second wide-stance plank
  - 45 second walking plank
  - 45 second left side plank
  - 45 second plank (alternate)
  - 45 second plank with shoulder touches
  - 45 second right side plank
  - 45 second knee to chest plank (alternate)

YOGA & PILATES STRETCH

- Complete the following yoga stretches listed below.
  - Chin to Chest Neck Stretch
  - Calf Raises
  - Cobra Pose
  - Rear Delt Stretch
  - Standing Hamstring Stretch
  - Lunge Pose
  - Side Neck Stretch

COOL DOWN/STRETCH

THURSDAY: SPEED AND AGILITY

WARM-UP: 10 MINUTE WARM-UP

SHUTTLE RUN

- Set up cones at the 5 yd marker, 10 yd marker, and 15 yd marker.
- Time students sprinting in the 60 yd shuttle.
- Give the students 5 attempts to try out the shuttle run.
- Record times in the table provided.

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5	PERSONAL BEST
WEEK 2						
WEEK 4						

COOL DOWN/STRETCH

WEEKS 2 AND 4

FRIDAY: GAME DAY

WARM-UP: 10 MINUTE WARM-UP

PLAY A GAME OF SOCCER

- Divide the group into two teams.
- If goal posts unavailable, designate a goal line at opposite ends of the field.
- Play 10 minute games, mixing up teams each game.

COOL DOWN/STRETCH

TIPS FROM THE PROS

THE ORIOLES RECOMMEND THE FOLLOWING:

- Remember to warm-up at least 5 minutes before beginning each workout.
- Stretching should also be done at the end of each workout to avoid muscle stiffness.
- Remember to give yourself at least 30 seconds of rest time in between exercises and sets.
- Drink plenty of water to stay hydrated. A good rule of thumb is to drink every 15 minutes for workouts lasting 60 minutes.

FITNESS TEST IS BASED OFF THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) RECOMMENDATIONS AND FITNESSGRAM® ASSESSMENT STANDARDS FOR CHILDREN

DON'T FORGET TO TAG US ON SOCIAL MEDIA!

#ORIOLESFIT #BIRDLAND

For more information visit orioles.com/fitness

BALTIMORE ORIOLES @ORIOLES

GLOSSARY

10 MINUTE WARM-UP

a. Walk or jog around an open space for 2 minutes
b. Perform arm circles (forward and backward), ankle rolls (both directions, both feet), shoulder rolls (forward and backward), and hamstring stretch (standing or lying down)
c. Can also include arm cross swings (open/closed), head half circles (do circles backwards), and hip flexor stretch.
d. Inchworms are another option for a dynamic warm up.

BEAR CRAWLS

a. Start in a tabletop pose with your hands and knees on the ground.
b. Lift your knees off the ground so that your shins are slightly hovering over and parallel to the ground.
c. Keeping your back straight and your core tight, step forward with your right foot and left hand simultaneously.
d. Repeat with your opposite arm and leg, and continue walking forward for 15 seconds, then turn around and bear crawl back to the starting point.

BICYCLE KICKS

a. Start by lying flat on your back with your legs fully extended and your hands behind your head.
b. Raise your head and shoulders off the floor
c. Bring your right knee toward your chest and simultaneously bring the left elbow toward the right knee.
d. After touching the right knee to the left elbow, rotate your shoulder and bring the left knee to the right elbow.
e. Try to have your knee and elbow touch each time
f. Be sure to keep the leg that is not bending fully extended and low to the ground.

BOXING

a. Start with feet shoulder-width apart and your hands in the shape of a fist in front of your face.
b. Take a small step forward with your right leg. Slightly bend both legs.
c. Begin twisting your shoulders left to right. Once the movement becomes comfortable, begin punching the air by fully extending one arm straight in front of you while the other remains in front of your face for protection.
d. Alternate throwing a punch between both hands by following the twisting motion of your shoulders.

e. Repeat steps with your left foot forward.

BREATHING TIPS

a. Breathing in through the nose and out through the mouth is the most efficient way to breathe. To begin, learn this pattern by sitting quietly, placing one hand on the chest and the other on the stomach. Breathe in through the nose and slowly out through the mouth (like you are blowing bubbles) to feel your body's movements. Use this same breathing pattern when exercising.

BURPEES

a. Begin in a standing position.
b. Drop into a squat position with your hands on the ground.
c. Kick your feet back, keeping your hands planted on the ground.
d. Immediately return your feet to the squat position.
e. Jump up from the squat position.

CRAB WALKS

a. Begin in a table position with your feet under your knees, and your hands under your shoulders.
b. Keeping your hips up, walk forward for 15 seconds, then reverse the motion and walk backwards to your starting point.

COBRA POSE

a. Lie face down on the floor with your palms flat, placed beneath your shoulders. The tops of your feet should be flat on the floor.
b. Engage your abs by tilting your pelvis forward and drawing your belly button toward your spine. d. Push your upper body off the floor and straighten your arms as much as comfortable while keeping your hips, legs, and feet planted on the floor.
c. Spread your fingers and press your palms into the floor. Rotate your shoulders back and down away from your ears.
d. Push your upper body off the floor and straighten your arms as much as comfortable while keeping your hips, legs and feet planted on the floor. Tilt your chin upward and lift your chest toward the ceiling.
e. Hold for 10 seconds.

FROG JUMPS

a. Begin by standing with your feet in a wide stance with your toes pointing out.
b. Keep your back straight as you lower yourself into a squat position.

c. Push into the ground and jump up explosively reaching your arms above your head as you jump up.
d. Gently land on your toes and back into the squat position.

HIP FLEXOR STRETCH

a. Stand with one leg behind you. Slowly bend your front leg, squeezing muscles in your back leg and alternate positions.

LUNGE POSE

a. From downward dog, step the right foot up inside your right hand on an inhalation. If the foot doesn't make it all the way up, move it into position with the right hand.
b. Bend the right knee so it's directly over the right ankle with the right thigh parallel to the floor. Make sure that your knee is not ahead of your ankle.
c. Line your fingertips up with your toes.
d. Come onto the fingertips to avoid too much weight in your hands.
e. Roll your shoulder blades down your back, lengthen your spine, and bring your gaze to the horizon line.
f. Extend from your back heel to the crown of your head.
g. Hold up to five breaths, then return back to downward dog on an exhalation.
h. Repeat with the left leg forward.

MOUNTAIN CLIMBERS

a. Start in a plank position with your hands about shoulder-width apart and back flat.
b. Pull your right knee into your chest as far as you can.
c. Switch legs, pulling one knee out and bringing the other knee in.
d. Keep your hips down and run your knees in and out as far and as fast as you can.

PUSH-UPS

a. Lie flat on the ground on your stomach with your feet together and your hands placed flat on the ground shoulder width apart.
b. Raise yourself using your arms.

REAR DELT STRETCH

a. Sit up tall and place one arm across your chest and keep it straight.
b. Place the other hand above the elbow of the crossed arm to keep it in position.
c. Relax the wrist and allow the stretched arm to straighten to stretch the biceps. Do not hyperextend at the elbow.
d. Hold for 30 seconds and switch arms after each set.

SHOULDER STRETCH

a. Reach over and behind your back with one arm, moving your hand down your back.
b. Your other arm will reach under and behind your back, moving up your back.
c. Try to overlap both middle fingers from behind your back.

SHUTTLE RUN

a. Find a gym or open space and set up cones 30 feet apart.
b. Run to the far cone, touch the cone and run back to the starting cone.
c. On the second lap, you will sprint as hard as you can through the far cone for time.

SIDE NECK STRETCH

a. Sit up tall.
b. Lower your ear to the same side of your shoulder without lifting your shoulder or rotating your head.
c. Place your hand on top of the ear to hold the head in position without pulling more than your neck can tolerate.
d. Hold for 10 seconds. Switch sides after each set.

SKATER SQUATS

a. Start with your legs slightly wider than shoulder-width apart and arms at your sides.
b. Bring one leg behind at a slight angle into a reverse lunge while bending your front knee into a 90-degree angle.
c. Swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater.

SKI JUMPS

a. Stand with both feet together.
b. Find a line or invisible line on the ground.
c. Begin jumping over that line from side to side keeping your feet glued together.

STANDING HAMSTRING STRETCH

a. Stand with one foot forward and rear foot pointing out.
b. Bend forward and brace your torso by placing your hand just above bent rear knee.
c. Hold stretch for 30 seconds.
d. Repeat with opposite leg.

TICKET VOUCHER

CONGRATULATIONS!

Congratulations! By being a participant in the Orioles Health & Fitness Challenge, you receive two complimentary Orioles Spring Training tickets to Saturday, February 21 vs. the Pittsburgh Pirates at 1:05 p.m. at Ed Smith Stadium, and a $20 food voucher to the Orioles Fit Grill!

TO REDEEM YOUR PRIZE:

Visit orioles.com/fitness and enter your ticket redemption code located at the bottom of this card. Your online tickets will be emailed to you within 48 hours of game time along with your $20 food voucher. Game tickets must be redeemed at least 48 hours in advance of select game.

TICKET REDEMPTION CODE:

Ed Smith Stadium
2700 12th Street
Sarasota, FL 34237