



# HEALTHY HABITS & WORKOUT KEY

## Your Healthy Habits



**CLUTCH**



**SWING FOR THE FOUNTAINS**



**CAUGHT LOOKING**



**HOME RUN**



**IN THE ZONE**



**COMPLETE GAME**

## Your Workouts



**LINE DRIVE**



**BATTING 1.000**



**MAJOR LEAGUE**



**RUN DOWN**



**TRIPLE PLAY**



**ALL STAR**



# Week 1: SINGLE HEALTHY HABITS



## CLUTCH

Clutch players perform at their best when it matters the most. Eating fruits and vegetables prepares your mind and body to win at all times.

**Eat five servings of fruits and vegetables.**

## SWING FOR THE FOUNTAINS

A high motor player never stops playing their hardest. They drink water to keep their body properly hydrated and stay in the game.

**Make water your main beverage choice: Drink only one 12-ounce portion of soda, sports drink, or juice - OR LESS.**

Read the label; avoid high fructose corn syrup, added sugar and any drink that is more than 60 calories per 12 ounces. Replace sweet beverages with skim or 1% milk, cold water, or sparkling water.

## CAUGHT LOOKING

Players that spend a lot of time watching television may get caught looking at a strike. Limit your time spent in front of the tv, computer, video games or cell phones. Spend less time in front of a screen and it will help you not get caught looking.

**Limit screen time to one hour a day.**





# Week 2: DOUBLE HEALTHY HABITS



## HOME RUN

A home run is the most exciting play in baseball, but it takes hard work and practice.

**Play a fun physical activity with a friend(s) for at least 30 minutes.**

Great ball players play all kinds of sports including basketball, soccer, football, and others.

## 7<sup>TH</sup> INNING STRETCH



When a player is in the zone nothing can stop them from winning. Regardless of what is happening in the game, they are extremely relaxed and focused. Use this habit to help your mental strength.

Find a quiet/comfortable place where you can practice deep breathing. Start breathing normally. Notice anything about your breathing. What part of your body is moving? Now lie on your back or sit up in a chair. **Place your hand on your belly, with your mouth closed slowly breathe in for four seconds and hold, then slowly blow out all the air until it's gone.**

Repeat slowly until you feel more relaxed.



## COMPLETE GAME

Rest is one of the most important factors to an athlete's success. It will allow you to have a complete game. The more players rest the better they will perform in the game.

**Get 8+ hours of sleep.**





## ▶ CONTINUING HEALTHY HABITS

**Want to keep having healthy habits beyond this program? Try more schedules of healthy habits.**

### **Week 3: TRIPLE**



#### **CLUTCH**

***Eat five servings of fruits and vegetables***



#### **CAUGHT LOOKING**

***Limit screen time to one hour***



#### **SWING FOR THE FOUNTAINS**

***Make water your main beverage***



#### **HOME RUN**

***Play for at least 30 minutes***



#### **IN THE ZONE**

***Practice breathing for 5 minutes or more***

### **Week 4: HOME RUN**



#### **CLUTCH**

***Eat five servings of fruits and vegetables***



#### **CAUGHT LOOKING**

***Limit screen time to one hour***



#### **SWING FOR THE FOUNTAINS**

***Make water your main beverage***



#### **HOME RUN**

***Play for at least 30 minutes***



#### **IN THE ZONE**

***Practice breathing for 5 minutes or more***



#### **COMPLETE GAME**

***Get 8+ hours of sleep***

# Week 1: SINGLE WORKOUTS

**Supersets are intended to be performed without break in between exercises, resting after each set.**



## LINE DRIVE

**3 Sets of the Line Drive Superset**

- 10 jump squats
- 10 squats
- 10 second squat hold

Using your core and legs are crucial to keep your legs in shape so that you can have the power to hit a Line Drive. This exercise is designed to strengthen your core and legs to keep your legs strong and increase your ability to drive the ball.



## BATTING 1.000

**3 Sets of the Beast Mode Superset**

- 10 jumping jacks
- 10 push ups
- 10 sit ups

Beasts on the field dominate the competition because they are stronger than their opponent. This workout is designed to build muscle and increase your strength.



## MAJOR LEAGUE

**3 Sets of the Major League Superset**

- 30 mountain climbers
- 20 butt kickers
- 20 second high knees

Major League players always are prepared with a full body workout; it's part of being Royal. This workout is designed to keep you light on your feet and provide an overall full body workout.

## **Week 2: DOUBLE WORKOUTS**

**Supersets are intended to be performed without break in between exercises, resting after each set.**



### **RUN DOWN**

**3 Sets of the Run Down Superset**

- **20 second sprints**
- **20 second side to side shuffle**
- **20 second back pedaling**

Catching a runner in a Run Down can be pretty exciting. Make sure you have the speed and balance to make the out. Use this workout to improve your speed and agility.



### **DOUBLE PLAY**

**3 Sets of the Double Play Superset**

- **10 second squat hold**
- **10 arm circles forward**
- **10 arm circles backward**

Having a strong arm to field and throw will complete any double play. This workout will improve your quick movement in any direction.



### **ALL STAR**

**3 Sets of the All-Star Superset**

- **15 walking lunges**
- **15 side to side lunges**

All-Stars are the MVPs of the team. This workout builds strength to help you rise above the competition and make you an All-Star.

## ▶ **CONTINUING WORKOUTS**

**Want to keep working out beyond this program? Here are some workouts you can do at home to live your best.**

### **Week 3: TRIPLE**



#### **ALL STAR**

**3 Sets of the All-Star  
Superset**



#### **RUN DOWN**

**3 Sets of the Run  
Down Superset**



#### **DOUBLE PLAY**

**3 Sets of the Double  
Play Superset**



#### **LINE DRIVE**

**3 Sets of the Line  
Drive Superset**

### **Week 4: HOME RUN**



#### **BATTING 1,000**

**3 Sets of the Beast  
Mode Superset**



#### **RUN DOWN**

**3 Sets of the Run  
Down Superset**



#### **MAJOR LEAGUE**

**3 Sets of the Major  
League Superset**



#### **DOUBLE PLAY**

**3 Sets of the Double  
Play Superset**



#### **LINE DRIVE**

**3 Sets of the Line  
Drive Superset**



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NAME

FINAL SCORE

# INDIVIDUAL TRACKER

WEEK 1 TOTAL

WEEK 2 TOTAL

WEEK 3 TOTAL

WEEK 4 TOTAL

WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



MONDAY



TUESDAY

