



REV IT UP 123! COACHES MANUAL

Program and Coaching Concept created by Founder/ Head Coach DENNIS DELOIS
Layout Design Branding and Content by SILVER JOHNSON

#1 COACH #2 EMPOWER #3 LEAD



HI! I'M REVI...YOUR REV IT UP 123
KANGAROO COACH! ALWAYS
ROO-TING FOR YOU!

REVI ROOL#1...INCH BY INCH IS A CINCH!

REVI ROOL#2 NO ONE FAILS AT REV IT UP 123!

REVI ROOL#3...YOU CAN DO THIS!

RevItUP123! Inc.
POB 386
4521 PGA Blvd.
Palm Beach Gardens, Florida
33418

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www.revitup123.org

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Dennis DeLois
Founder

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Five Action Activities and Course Description by Dennis DeLois
Cover Design, Art, Branding, Layout and additional Content by Silver Johnson
Edits by Silver Johnson

For questions or more information visit www.revitup123.org





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LETTER FROM THE FOUNDER

Welcome and thank you for choosing to become a **Certified RevItUP123! Coach**. In this manual you will study how to apply the Five Action Activities and how to Coach, Empower and Lead all your participants to learn how to live healthier lives.

I have enjoyed participating in sports all my life. You could say athletic activity actually saved it! Learning to live with ADHD, SLD, early speech impediments and stuttering, athletics became my refuge and point of reference in my daily life.

I spent my first two years in school trying to adjust to the life of structure and learning. I had zero attention span and was hyperactive and the teachers didn't know what to do with me.

The school sent a volunteer to deal with me. Mrs. Thomas volunteered her time with me for one full year. One on one, we had lunch each day, and she taught me how to read, write and speak.

She taught me motor skill movements that included jumping rope, running backwards and doing the Karaoke exercises. These motor skill movements helped me feel confident. By the time I was eight, I was able to attend Second Grade.

Participating in athletics, which I excelled in from elementary through high school, helped me get a scholarship to college. Mrs. Thomas inspired me to become a teacher. So, I decided to get my college degree in health and physical education and teach others how motor skill movement action activities could help them like they helped me!

Many years of coaching children in Indiana and Florida public school systems has brought me joy and gives me purpose. And I believe my best years are still ahead of me coaching children and adults, with and without disabilities.

What I have always emphasized is that each participant is evaluated by their own growth and improvement. Never compared to anyone else, they progress at their own pace without pressure to keep up with anyone else.

Since 2013, NO ONE has failed RevItUP123 Motor Skill development programs! One of the greatest motivations I have experienced is when a child or participant does just the simplest movement for the first time...'HEY COACH, I CAN DO THIS!' and their eyes light up. Wellbeing win-win all around.

AND LIKE I ALWAYS SAY, NO ONE FAILS AT REVITUP!

Please enjoy learning how to master and teach the Five Action Activities. Your reward will be multiplied a million times over in each and every participant's smile!

Go TEAM RevItUP123!

Dennis Delois

Founder and Head Coach RevItUP123, Inc.
B.S. Health and Physical Education
Certified Tier 3 Special Olympic Coach



Left to right: Palm Beach County, Florida Special Olympics Coach Peter Sandquist ; 2022 PBC Special Olympics Winter Basketball Team; RevItUP123 Founder, Head Coach and PBC Special Olympics Coach DENNIS DELOIS.



Course Description

1. Complete and Pass Background Check application

2. Study RevItUP123! Coaching Manual and watch Coach Dennis demonstrate the Five Action Activities via Coaching Videos at www.revitup123.org and at In-Person Coaching Sessions

Learn the Physical and Mental Benefits of the Five Action Activities
Be able to describe each activity and demonstrate to the best of your ability
Know the Coaching Rules, Guidelines and Safety Procedures
Practice doing each Activity at home

2. Attend 6 consecutive live coaching practices with Coach Dennis

Coach Dennis will lead you through each activity during practices.
He will demonstrate and Coach you through the details of each Action Activity
for 3- one hour sessions per week in a 2 week time period

3. Independently Coach 2 live practices observed by Coach Dennis

Coach Dennis will observe and assist you during practices

4. Successfully Complete Manual Review Questions

To receive a Certificate of Completion, each Coaching Course attendee
will be asked to complete a 20 Question test which you will find at the end of this Manual

5. Receive Certificate of Completion from Coach Dennis

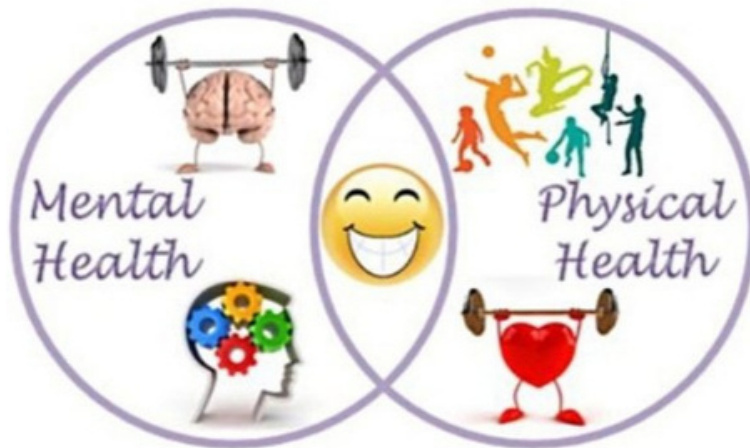
Coach Dennis will present Certificates of Successful Completion
at the final RevItUP123! Practice

DISCLAIMER:

NO activity, information, person, content or action and/or any and all persons associated with, employed by or volunteers at RevItUP123! promises or claims to heal, cure, or fix any physical, mental, medical, emotional, economic or spiritual condition of any participant, caregiver, parent, guardian or any and all who attend, participate in or observe programs.

ALL WILL hold RevItUP123! harmless in any situation. Participating in or observing any activity, physical coaching session, event, activity or engagement is done at the participants and/or Coaches and Volunteers own risk.

Introduction



The Mission of RevItUP123 is to Coach, Empower and Lead the way to improve mental motor skills and wellbeing through physical activity.

The program's Vision is All feel empowered to live healthy lives.

RevItUP 123's purpose is to actively engage Southern Florida Counties and surrounding areas and communities by providing programs targeted to improve mental motor skills and wellbeing through physical activity.

RevItUP123 is focused on empowering children and adults, with and without disabilities, with an opportunity to help improve their mental motor skills, build confidence and raise self esteem. By learning and applying the RevItUP123 Five Action Activities, this Manual is intended for study purposes only and does not promise, but merely suggests, that improvement is potentially a byproduct of participation.



Supporting Individual, Community and Economic Health

Rev It UP123! currently offers programs in Palm Beach County, Broward, Martin and Stuart Counties, Florida. It's main headquarters are in Palm Beach Gardens, Florida. RevItUP123! works closely with Special Olympics, Florida. For reference purposes, this Manual will use Palm Beach County and Broward County statistics as well as National research and statistical information to provide examples as a baseline of information. For detailed information, please refer to the links in [blue](#) provided below each organization's statements.

According to the Palm Beach County Community Health Improvement Plan (CHIP) the organization's focus is on improving the health and quality of life for the residents of Palm Beach County. By leveraging existing community resources, the plan specifically address mental health, access to care and access to foods and healthy lifestyle services.

Their top priorities are mental and behavioral health, active living and healthy lifestyles and access to care and services.

It is important to note the CHIP Advisory Council stressed the importance of identifying and reaching underserved populations to address health disparities.

Additionally, engaging communities in a meaningful way was also emphasized.

[https://palmbeach.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/_documents/pbc-2017 CHIP revised June 2021 pdf](https://palmbeach.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/_documents/pbc-2017%20CHIP%20revised%20June%202021.pdf)

According to Broward.org, The Center for Mental Health Services (CMHS) seeks to improve the availability and accessibility of high-quality community-based services for people, and their families, with or at-risk for mental illnesses.

RevItUP123! Five Action Activities have the potential to create multiple health and well being benefits. Each activity integrates with and supports Palm Beach County Health and Human Services guidelines and their Youth Social-Emotional and Behavioral Health Divisions.

According to the CDC, Physical activity need not be strenuous to achieve health benefits. Improving individual, family and community well being elevates the potential for actively engaging in a purposeful life and workforce positions. Feeling empowered and healthy raises self esteem, builds confidence and encourages participants, their families, siblings, caregivers and support groups to live healthier lives.

Significant health benefits can be obtained with a moderate amount of physical activity, preferably daily. The same moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as 30-40 minutes of wheeling oneself in a wheelchair) or in shorter sessions of more strenuous activities (such as 20 minutes of wheelchair basketball).

Additional health benefits can be gained through greater amounts of physical activity. People who can maintain a regular routine of physical activity that is of longer duration or of greater intensity are likely to derive greater benefit.

Previously sedentary people who begin physical activity programs should start with short intervals of physical activity (5-10 minutes) and gradually build up to the desired level of activity. People with disabilities should first consult a physician before beginning a program of physical activity to which they are unaccustomed. The emphasis on moderate amounts of physical activity makes it possible to vary activities to meet individual needs, preferences, and life circumstances.

People with disabilities are less likely to engage in regular moderate physical activity than people without disabilities, yet they have similar needs to promote their health and prevent unnecessary disease.

Social support from family and friends has been consistently and positively related to regular physical activity.

<https://www.cdc.gov/nccdphp/sgr/disab.htm#:~:text=Benefits%20of%20Physical%20Activity,-Reduces%20the%20risk&text=Can%20help%20people%20with%20chronic,and%20pain%20associated%20with%20arthritis>

REVIEW

What is RevItUp123's
Motto?

What is RevItUP123's Mission?

What is RevItUP123's Purpose?

Who does RevItUP123 serve?

What does feeling empowered and healthy do for participants?

Physical and Psychosocial Benefits

The physical and psychosocial benefits of physical activity for typically developing youth are well established; however, its impact on youth with intellectual disabilities is not as well understood. The aims of this review and meta-analysis were to synthesize the literature and quantify the effects of physical activity on the physical and psychosocial health of youth with intellectual disabilities.

Conclusions from the study were as follows:

Evidence indicates that both acute bouts and regular moderate-to-vigorous physical activity improve the cognitive functions of memory, executive function, processing speed, attention, and academic performance for these children. “

<https://health.gov/our-work/nutrition-physical-activity/national-youth-sports-strategy/nyss-champions>

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

A study entitled ‘Effects of Physical Activity on the Physical and Psychosocial Health of Youth With Intellectual Disabilities: A Systematic Review and Meta-Analysis’ was conducted by Nathaniel J Kapsal, Theresa Dicke, Alexandre J S Morin, Diego Vasconcellos, Christophe Maïano, Jane Lee, Chris Lonsdale and published in the National Institutes of Health National Library of Medicine. The following excerpt is the Abstract and Conclusion of the study.

Physical activity has positive effects on the physical and psychosocial health of youth with intellectual disabilities. Although resistance training shows the most physical benefits, teaching movement and sports skills appear to benefit their physical and psychosocial health.

<https://pubmed.ncbi.nlm.nih.gov/31586434/>

In 2022, RevItUp123, Inc. revved up its Mission, Vision, and goals through an updated Strategic Plan and increased outreach potential by hiring an Executive Director. Our program initiatives now include certifying new Coaches, including Peer Coaches.

The Program’s Motto...to Coach, Empower, and Lead through action activities syncs directly with The National Institutes of Health published studies and the US Department of Health and Human Services 2019-2022 Strategic Plan, which states the number one goal is ‘taking actionable steps to achieve health equity and improve public health.’

We hope you will find our Coaches Manual and Guidelines a valuable resource in improving mental motor skills and wellbeing for all who participate!

REVIEW

According to Health.gov and the National Youth Sports Strategy organization (NYSS), ODPHP and the President's Council on Sports, Fitness & Nutrition Physical Activity is ...

Evidence indicates that....

Physical activity has...

US Department of Health and Human Services 2019-2022 Strategic Plan, states the number one goal is...

RevItUP123's Motto is #...

REV IT UPI23 FIVE ACTION-ACTIVITIES

Jump Rope Walk/Run Backwards
Karaoke PULL Ups Speed Bag



REVI SAYS...

Physical activity helps improve mental motor skill abilities, builds self esteem and creates a feeling of well-being!

GENERAL SAFETY RULES AND GUIDELINES

AS A RESULT OF COMPLETING EACH REVITUP123 ACTION-ACTIVITY IN 8 WEEKS=16 SESSIONS, BENEFITS INCLUDE IMPROVED BALANCE, COORDINATION, TIMING, AND RHYTHM.

ALL ACTIVITIES ARE DESIGNED TO COMPLIMENT EACH OTHER AND HELP CREATE A FEELING OF CONFIDENCE, BUILD SELF ESTEEM AND INSPIRE CAMARADERIE BETWEEN PARTICIPANTS.

IMPROVED BONDING HAS THE POTENTIAL TO DEVELOP BETWEEN FAMILY MEMBERS, PARENTS AND THEIR CHILDREN, OFFICE WORKERS, GROUPS, BUSINESS COLLEAGUES, ETC.

THE ACTION ACTIVITIES ALSO INTEND TO TEACH PARTICIPANTS RESPECT FOR THEMSELVES, EACH OTHER'S PERSONAL SPACE, RESPECT FOR PERSONAL BOUNDARIES, COACHES, AND OTHER PARTICIPANTS.

TWO COACHES OR ONE COACH AND ONE VOLUNTEER WILL BE IN ATTENDANCE AT ALL TIMES

PARENTS AND OR/GUARDIANS AND/OR CAREGIVERS WILL SIGN A HOLD HARMLESS WAIVER

ALL COACHING WILL BE COMMUNICATED IN A POSITIVE, ENCOURAGING ENVIRONMENT

ALL COACHES WILL BE RE-CERTIFIED ON A YEARLY BASIS

ALL COACHES WILL BE ABLE TO DEMONSTRATE EACH ACTIVITY

ALL COACHES WILL ACT ACCORDING TO THE SAFETY RULES, GUIDELINES, VALUES, ETHICS AND SAFE COACHING BEHAVIOR CODES.

ALL COACHES WILL BE REQUIRED TO PRESENT CURRENT UP TO DATE CPR CERTIFICATIONS





Personnel: Two Coaches or One Coach and One RevItUP123 Volunteer Assistant

Target Physical Benefits: Improves flexibility, stamina and endurance, rhythm, balance, and hand/body coordination. Calcium production increased to help prevent age-onset or immune stress Osteoporosis.

Target Mental Benefits: According to studies published from the National Institutes of Health, rope jumping increases cognitive performance, behavioral and attention performance and indicated rope jumping enhanced central nervous system function.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8534060/>

SURPRISING FACT



Obesity Prevention Foundation of America



JUMP ROPE

STRENGTHENS YOUR LEGS,
GLUTES AND CALVES.

BURNS UP TO 900kcal per hour

IMPROVES YOUR BRAIN
& HEART FUNCTION.

JUMP ROPE COACHING PROCESS

- Always be on a level, flat, hard surface so the rope moves easily under the participants feet. (Grass catches the rope and doesn't give a steady flow of motion.)
- Start all participants the same way. For Example: by learning how to jump up and down without a rope, one to two inches off the hard surface for about 15 seconds maximum.
- Without a rope, ask participants to make one revolution of a jump pretending you have a rope, visualizing the rope going over your head, in front of them and under their feet for 15 seconds
- These first steps will identify the skill levels of each participant.
- Next, create two groups... A Beginner Level Group, for participants who are still learning jump rope skills and a Skilled Level Group, for participants who are able to jump rope.

Beginner Level

Jump one to two inches off the flat surface without a rope for about 30 seconds. Focus on posture, balance, jumping and landing in the same spot with upright posture without leaning or favoring one side (strong side.) Coaches should always encourage participants to strive for control of their balance and body-aware.

Before or by the fourth practice session, participants should be able to hold a rope, walk over the rope, bring it back over their head and repeat once so they understand how their wrists work to get the rope over their head in a circular motion.

Ideally, 15-30 seconds of continuous jumping or intermittent attempts to learn this activity is a good place to start. If participants are able, Coaches can encourage them to work up to a minute of continuous jumping.

Anticipate the next three practices to replicate this exercise. The goal is for them to keep up a continuous circular motion and a rhythmic pattern.

Once the Beginners can put the rope in their hands, the correct length for each participant should be determined before they continue to learn the skill.

Have each participant hold a rope at their sides and stand on the rope in the middle of the rope. Keeping their hands on the handles, the handles should just reach their armpits. If the handles go above their armpits, the rope is too long

To shorten the jump rope, make a knot below and right up against the handle on both sides of the rope.

After the 3rd session participants should be able to jump in a steady motion.

WALK/RUN BACKWARDS



Personnel: One Coach and one Volunteer or Two Coaches...
one at each end of the rows

Time length of each activity: between 1 and 3 minutes per activity

If a participant is visually impaired, the Coach can use whistle blows to indicate when to slow down or stop.

Physical Benefit: Improves agility, posture, peripheral vision and speed. Burns calories. Opens up hip flexors which improves flexibility and strength in hips and core.

Mental and Emotional Benefits: Enhanced sense of body awareness, improves ability to cognitively think outside comfort zones, enhances cognitive control.

<https://www.healthline.com/health/fitness-exercise/walking-backwards#Why-walk-backward>
<https://www.wellandgood.com/walking-backwards/>

COACHING PROCESS

This activity is preferably done on a Grass surface or rubberized mat flooring. Ideally a flat grassy area without any obstructions...groomed athletic playing fields are ideal. If you are at a private family home, business, medical facility or school location, a flat yard or playground surface is best. Hard surfaces like driveways and paved areas should be avoided. If on an athletic playing field a minimum of at least 30 yards of open space is ideal.

Depending on the number of participants...as few as 6 or up to 30...Coaches need to adjust activities and spacing according to how many participants are in attendance. If you have more than 8 participants make four rows with one participant behind each other with at least an arm width apart in front and behind and both sides. All in a straight line.

Coaches can use small cones if no lines are on fields to delineate a straight line. This creates order on the field and keeps rows in alignment. Participants take one extended step backward so that their bodies are under control and not unbalanced. Always have them step backward so that their toe is touching the ground first. The exercise is done toe to heel. When we run or walk forward we always are in a heel to toe movement. When we run or walk backward our toe touches the ground first.



Coaches may adapt the amount of steps taken and add more repetitions.

Have participants face the Coach with their backs to the playing field. Make sure arms are straight out and level with shoulders during the activity. This helps with balance and stability in posture while doing the Walk/Run activity.

Participants have a tendency to try and race. Keeping arms up and lines straight also provides a boundary for participants to remain in place in a straight line. It encourages them to keep at a walking pace.

Coaches remind participants, **THIS IS NOT A RACE**. If participants try to race, they may fall.

Participants are not timed. They are forming technique and muscle control and that is how their individual progress is measured. They are never compared to anyone else. It's all about their own progress.

When participants are facing the Coach, participants arms are extended out to their sides, level with their shoulders, feet are shoulder width apart as if they are walking naturally, core is always upright in posture, head and neck are in alignment with their core and looking straight ahead at the Coach.

Participants take one extended step backward so that their bodies are under control and not unbalanced. Always have them step backward so that their toe is touching the ground first. The exercise is done toe to heel. When we run or walk forward we always are in a heel to toe movement. When we run or walk backward our toe touches the ground first.

Participants continue facing the Coach. Each participant takes one step backward and then alternates between feet one step backward at a time. Once participants are confident in this walking backward skill, Coaches can introduce running backward.

When participants are facing the Coach, participants arms are extended out to their sides, level with their shoulders, and feet are shoulder width apart as if they are walking naturally. Their core is always upright in posture, head and neck are in alignment with their core and looking straight ahead at the Coach.

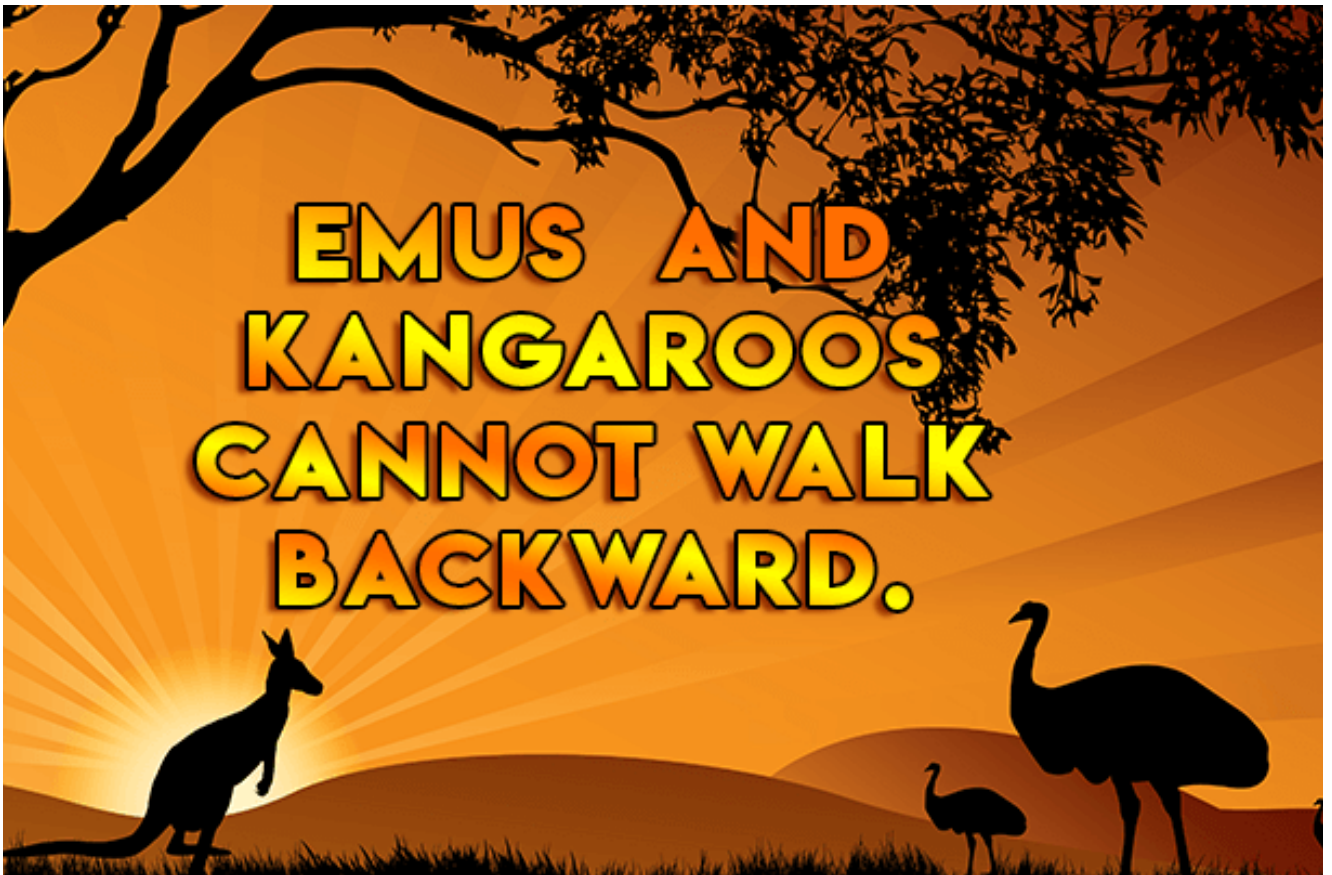
Participants continue facing the Coach. Each participant takes one step backward and then alternates between feet one step backward at a time. Once participants are confident in this walking backward skill, Coaches can introduce running backward.

Progress in learning how to master walking backward always under control and in proper position, determines when each individual is ready to move to the next level.

Running backward is the same process as walking backwards, only in a faster motion.

Always balanced and body under control.

FUN FACT



Remember, Coach Dennis is only an email away to answer your questions!
dennis.delois@revitup123.org

KARAOKE (CARIOCA)



Two Coaches or One Coach and a Certified Volunteer

Karaoke is a calisthenics, cardiovascular, stretching, and warm-up exercise that primarily targets the groin and to a lesser degree also targets the abs, calves, glutes, hamstrings, hip flexors, obliques, outer thighs and quads.

Lateral movements transition from the left to the right. This is not a race. The exercise is about lateral movement control.

Physical Benefit: Improves agility, coordination, balance and flexibility. Improves lateral strength and Stabilizer muscles.

Mental Benefits: Improves visual process brain function, speech and memory centers, problem solving and ability to make decisions.

<https://www.highpointaz.com/christinas-blog/cross-lateral-movement-power-up-your-system>
<https://www.highpointaz.com/for-kids>

Most challenging of all...at any age people don't typically practice or use lateral movements in general daily life or in many athletic activities.

The Karaoke movement is detailed. Alternating feet is the most challenging for the brain as well as the physical body.

The activity is a mindful practice and keeps the mind locked in and tuned to the experience. To be in touch with all the body movements in Karaoke, it takes concentration, focus and mindful movement.

Keeping the body and posture in alignment over the hips and feet, arms should be stretched out level with the shoulders. This helps connect the brain to the activity, to focus and accomplish learning and accomplishing the skill successfully.

This activity also expands the core, the hips and increases flexibility.

Participants are in the same alignment in a group as the Walk/Run activity. They should be in rows, arms out level with shoulders. (Same description as the other action activities.)

Facing the Coach who is on the side of the row, not in front of the rows, participants turn to the side and continue to face the Coach. Then, participants are asked to turn their entire body with arms out at a 90 degree angle facing the Coach.



Coaches and cones are at the end of each row for barriers.



Have participants stand up tall, arms level with shoulders, before starting. The Coach instructs participants to move laterally in the same direction. First, have participants start by standing up tall with their arms relaxed at their sides. Start by moving in a lateral motion crossing your left foot over your right.

Then, step out with your left foot and cross your right foot behind it. Continue moving in this lateral pattern for the desired amount of time or distance.

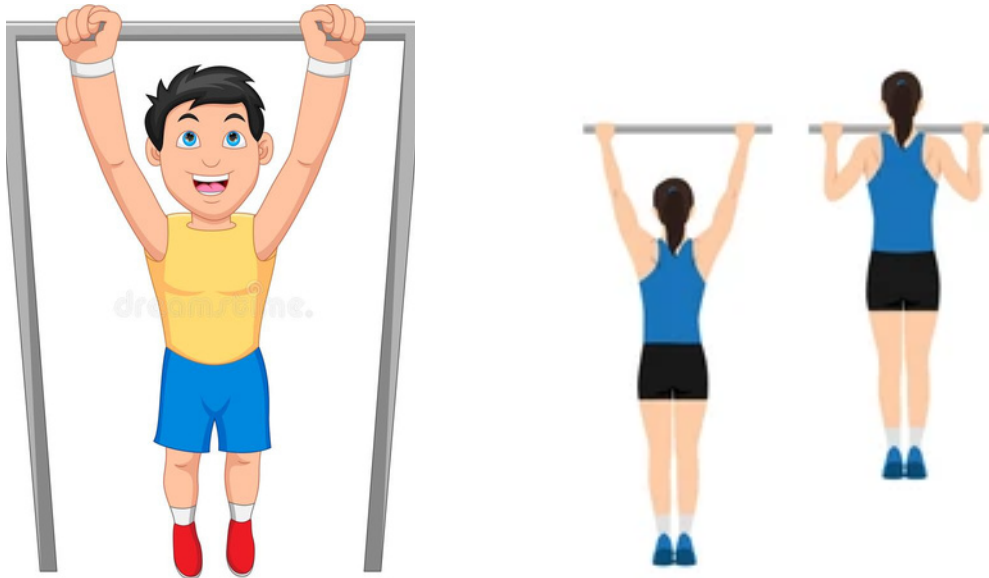
Once participants have completed this on one side, ask them to come back in the opposite direction. Demonstrate and Encourage participants to keep core muscles engaged throughout the exercise. Do this by pulling your belly button in towards your spine. Keep the chest upright and proud.

Remember to stay light on your feet by keeping your weight on the balls of your feet.

<https://www.exercise.com/exercises/karaoke/>



PULL UPS (ISOMETRIC)



Pull Ups are done with palms facing *outward*, away from the body.

Kids have a tendency to grab the bar with palms facing towards them. Do not confuse this activity with chin ups...where palms are facing the body. It is important to make sure Pull Ups are done with the hands facing outward.

Pull Ups are done in stages depending on participants' level of fitness, physical capabilities and understanding of the activity. Safe Practices approved hands-on Coaching assistance may be needed.

Physical Benefit: Develops strength in hands, back and shoulder. Develops better posture through strengthening the muscles around the spinal column.

Mental and Emotional Benefit: According to Healthline, strength training exercises such as pull ups benefit participants in the following ways: Reduces symptoms of anxiety; Improves cognitive function; Reduces fatigue; Reduces episodes of depression; Improves and raises self-esteem

<https://www.healthline.com/health/exercise-fitness/benefit-of-pull-up#for-arms-shoulders>

Equipment needed: RevItUP123! approved Pull Up Bars
Sturdy adjustable step stool

Some Safe Practices approved hands-on coaching assistance as a Volunteer Spotter may be needed

Two Coaches or One Coach and one volunteer
Coach should be able to teach and spot at the same time if needed

Participants line up in Single file

Bar is adjusted for each participant. Participants should be able to hang from the bar with their knees bent. If too tall, ankles can be crossed with feet not touching the ground.

Remember: Participants have a strong side and a weak side. At first they will favor one side or the other. Coaches can assist by holding ankles. Or, Coaches may assist participants by appropriately placing a hand on each hip at the waistline and gently and evenly lift them slightly to get the feeling of being balanced and not favoring one side or the other. This keeps the shoulders level and encourages maintaining proper posture.

Coach will adjust bar accordingly depending on height and
use adjustable step stool if needed

6-12 year old's start the bar height around 6 feet from the ground. Use step stool if needed
13 and up start the bar around 6'6" from the ground

Coach will demonstrate to participant how to do a pull up beginning with how to hold the
bar

Palms should be facing away from participant with hands grasping the bar shoulder width
apart

If a participant cannot reach the bar the Coach can lower the bar to accommodate the
participant. Use a step stool if needed

Ask participant to grab bar and assess strength

Beginner... hang on bar 0-5 seconds

Intermediate skill level participants can hang on the bar 5-20 seconds, pull themselves up.

'Average' skill level- Able to do a complete pull up with chin above bar at a 90* angle.

Above average skill level- able to complete one or more pull ups with full range of motion

Goal is 10 pull ups in succession however, everyone is encouraged to do as many as they
can as they learn good technique.

A high number of participants initially will not be able to do a pull up. Hanging from the bar
without touching the ground for up to 10 seconds is considered as a starting point.

PUNCHING 'Speed' BAG



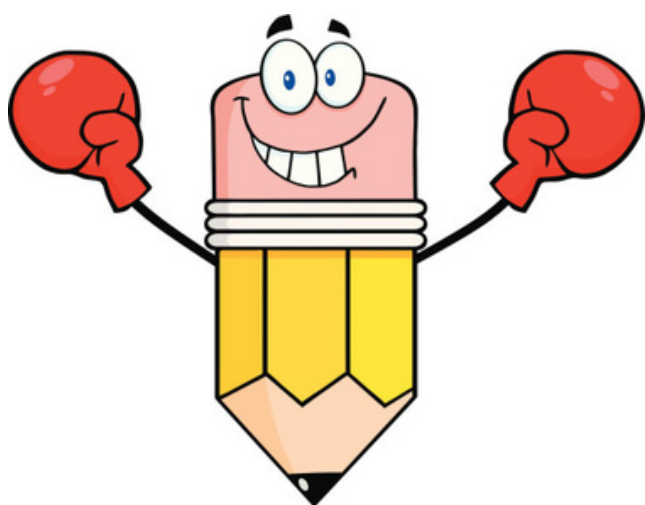
Speed Bag is adjustable and wall-mounted, set specifically to each participant's height at nose level. Some appropriate, hands-on, physical Coaching assistance may be required.

Physical Benefit: Improves reflexes, rhythm, and upper body development, increases endurance, improves circulatory health and reduces risk for heart disease, high blood pressure and similar disorders. Improves hand-eye coordination and fast twitch muscle movement.

Mental and Emotional Benefit: Increases production of endorphins in your brain. Endorphins are tiny neurochemicals that cause a decrease in the feeling of pain and enhance the immune response. Helps manage anger and aggression. Helps with focus, school work, gross and fine motor skills and hand-eye coordination.

<https://titleboxingclub.com/community/the-mental-health-benefits-of-boxing>

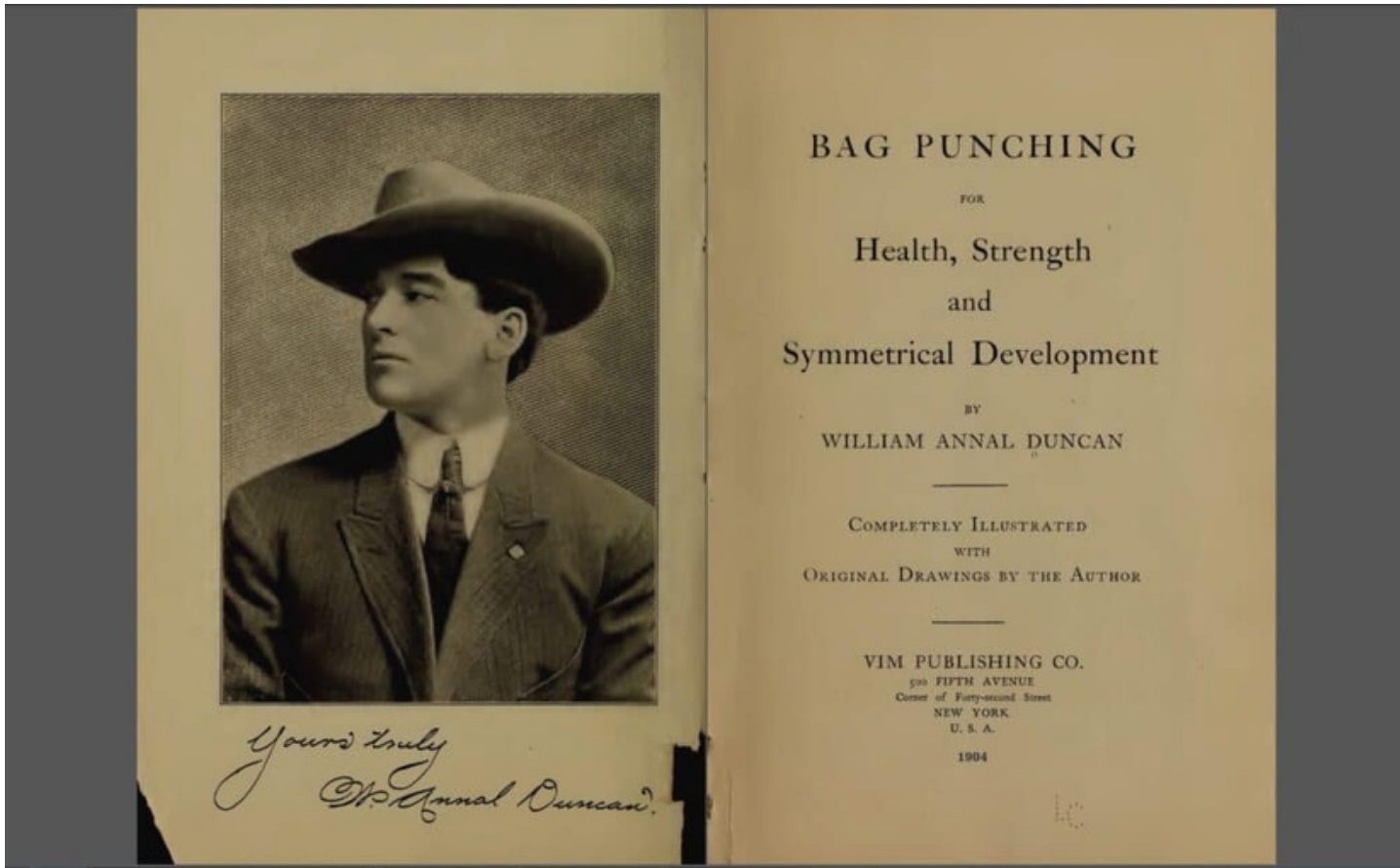
REVIEW YOUR Notes...



The Speed Bag is adjustable and can be mounted on the ground, on a well manicured playing field, or wall-mounted, set specifically to each participant's height at nose level. Some physical Coaching assistance required.



Let participants decide which fist to start with... usually starting with their dominant hand.



1. For an ideal position, the Coach asks the participant to stand directly at the edge of the platform on the outside of the edge.

If you drop a string at the outside of the platform facing the speed bag, eyes on the bag, the participants head should be on the outer edge of the platform.

2. Feet shoulder width apart. Coach shows participants how to make a tight fist and hit the bag with the side of the fist (part between your little finger knuckle and your wrist.)

3. Before hitting the bag, the Coach asks participants to back up a step and show how they make a fist, keep elbows out and level with shoulders and move fist in a circular motion. Timing and rhythm first.

4. Once the participant can do this successfully, Coach reminds them to remain at the edge of the platform and make sure form and technique are correct.

Remind the participant to 'focus on the belly of the bag.' This is the fat part of the bag. Feet should be shoulder width apart, as in the example below.

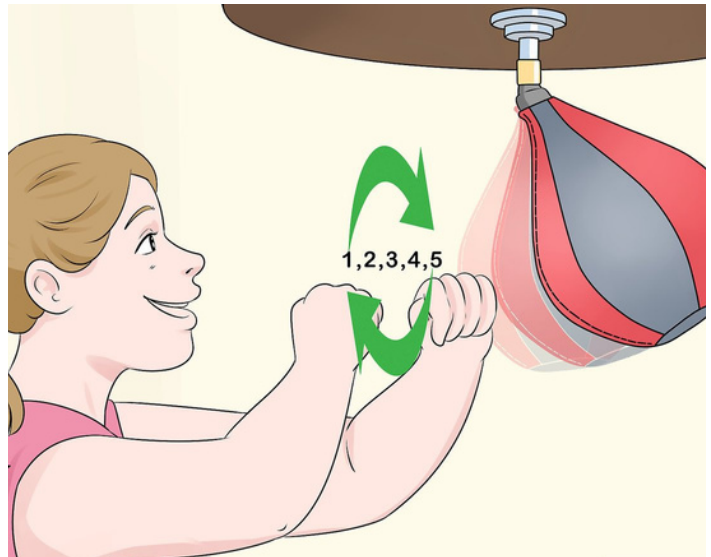


5.The Coach puts their hand (cupped) behind the bag standing on either side of the participant prior to any punching action.

This gives participants the visual and the feel of hitting the bag. The Coach's other arm is underneath the participant's elbows since their first tendency is to drop their elbows. Once they are accustomed to the proper positions, which is about the 4th practice session, this assistance can be discontinued.

Remember...Each participant is different. Typically it takes about 3 sessions to get the proper rhythm and correct position.

When they do, it's a beautiful sight!



VIDEO OF THOR

6. Now ask the participant to hit the bag. It doesn't matter which hand. Rotate hands and hit with a circular motion. As the participant progresses in technique and proper position, the Coach determines how many reps each practice.

7. As they progress, the Coach moves their cupped hand a bit away from the back of the bag to let the participant get the feel of the bag moving away from them and then swinging back toward them and develop a comfort level with the motion of the bag and their visual abilities.

8. Once participants are comfortable and are able to hit the bag on their own all the way to the platform, and hit the bag harder, the bag will return faster with more power.

9. This is done in a circular motion, with each hand, alternating hands. At first, learning how to hit the bag is more important than how many reps they make. Ultimately, participants should hit the bag in a circular motion and they can count out loud if they like, hitting the bag in a circular motion in rapid fire, in rhythm, at different angles to the best of their ability.

... How's it going so far? Do you need to ask Coach Dennis a question??

Email him at dennis.delois@revitup123.org



This completes the 5 Action Activities for children and adults, with or without, disabilities. The next section will cover how to adapt these activities to Senior participants.

REVITUPIZ3! 5 ACTION ACTIVITIES FOR SENIOR PARTICIPANTS



According to the US Department of Health and Human Services, " Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. Individuals with a chronic disease or a disability benefit from regular physical activity.

The scientific evidence continues to build—physical activity is linked with even more positive health outcomes than we previously thought. And, even better, benefits can start accumulating with small amounts of, and immediately after doing, physical activity.

Today, about half of all American adults—117 million people—have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity.

Yet nearly 80 percent of adults are not meeting the key guidelines for both aerobic and muscle-strengthening activity, while only about half meet the key guidelines for aerobic physical activity.

This lack of physical activity is linked to approximately \$117 billion in annual health care costs and about 10 percent of premature mortality."

ADAPTING REVITUP!Z! ACTION ACTIVITIES FOR SENIORS

Adaptive Options

All Activities can be done Standing or Sitting

Benefits

Activities help strengthen the core, increase range of motion, improve balance, coordination and circulation

Improved circulation stimulates brain function, proper digestion and increases overall well being

Jump Rope

1/4 motion arm circles simultaneously

Leg lifts simultaneously

Walk Backwards

Walk backward slowly eyes facing forward

Or...

Leg lifts forward and back looking forward

Using a walker, one step backward at a time

Using a wheel chair, roll wheelchair backwards

Karaoke

Standing: Arms out to sides alternating crossing feet and moving sideways slowly

Sitting: Leg lifts alternating each leg crossing ankles then repeat with opposite leg

Pull Ups

Raise both arms together with palms facing outward

Pull arms in a downward motion and repeat

Punching 'Speed' Bag

Adapt to participants abilities

Public Benefits and Service Values

Providing and implementing the above services through Certified RevItUP123 Coaches and Peer Coaching will benefit the public at large as well as all those participating in and attending RevItUp,123 Inc. programs and events. Program services offer a broad scope of easily accessible, affordable, and valuable resources. All services enhance primary objectives of increasing mental health and wellbeing and provide access for all in a safe environment.

<https://www.bbc.com/reel/video/p09v8wyh/a-simple-exercise-that-gives-your-brain-an-unexpected-boost>

RevItUP123 Coaches, Volunteers and Staff Values, Ethics, Principles, Code of Conduct and Standards of Excellence

Statement of Values 'People First' Language

The Program will focus on valuing participant's individual abilities and use 'people-first' language. Ex: 'Bob Jones is in second grade, and enjoys playing sports. Bob deals with Autism.' instead of 'Bob is Autistic.' Bob is not his diagnosis. Bob is not his disability.

As defined by the Office of Disability Rights...“People First Language” (PFL) puts the person before the disability, and describes what a person has, not who a person is.
.https://odr.dc.gov/page/people-first-language

The *People First Respectful Language Modernization Act of 2006* was enacted by the Council of the District of Columbia on July 11, 2006 to “require the use of respectful language when referring to people with disabilities in all new and revised District laws, regulations, rules, and publications and all internet publications.”¹

Standards of Excellence

As professionals, we are responsible for adding value to the organization by practicing excellence in our daily decision making. By accepting responsibility for our individual decisions and actions, we are advocates for the organization. By engaging in activities and events that enhance the credibility and value of the athletic program services, we are engaged in adding value to the program and its ethical success.

Intent

To assist the Program and those it serves in meeting its goals and objectives

Build credibility, respect and strategic importance

To positively influence best management practices

Encourage professional decision-making and responsibility

Encourage social responsibility

Strive to achieve the highest levels of service, performance, and social responsibility

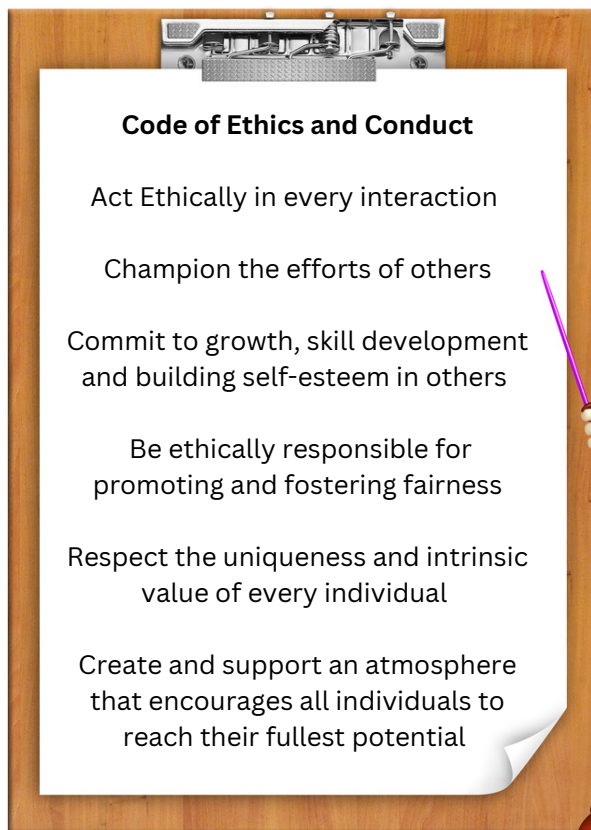
Measure the effectiveness of the programs

Increase excellence across the board

Safety in Coaching Standards and Guidelines

RevItUP123 will follow the ' SPECIAL OLYMPICS Sports Rules and Safety Risk Management for Coaches' Guidelines Please review the Rules on the Special Olympics website at the link below.

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/Sport_Safety-RiskManagement.pdf



Provide an environment free of harassment, intimidation, and discrimination

Ensure that all decisions are made ethically and implemented in an ethical manner

Organization professionals will exhibit individual leadership as a role model for maintaining the highest standards of ethical conduct.

Certified RevITUP123 Coaches and/or Program Advocates will conduct themselves with integrity and in a manner that supports and aligns with Safety and Risk Management. Safe Coaching Conduct will be adhered to at all practices, athletic activities and events.

Any mitigating sexual or questionable misconduct will be reviewed by the Safety committee and responded to accordingly.

Core Principles

As professionals, RevItUp123, Inc. strives to meet the highest standards of competence and commits to strengthen mental motor skill competencies on a continuous basis.

The Nonprofit Strategic Plan and Program will abide by principles set forth by the National Council of Nonprofits as follows: Accountability, Transparency, Efficiency, Inclusivity, Participatory, Responsive, Consensus Oriented, Follow the Rule of Law of the State of Florida.

Intent

To contribute to an increase in mental health and physical well being

To set a standard of leadership

To be an example for others

To earn respect as individuals and to increase our credibility to those we serve

To seek credentials that will provide a high sense of trust and expertise

To expand and advance our knowledge in the field of health and human services

To improve the function of and advancement in the field of Social Determinants of Health.



Thank you for your interest in learning the RevItUP123! Five Action Activities. We trust you enjoyed reading the Coaches Manual and learned how valuable each activity is in improving physical and mental motor skills.

After you complete your 6 Practice Sessions, you will be required to fill out a Questionnaire that reflects what you learned. The 20 Questions are at the end of this Manual for your review and study. When you have scored at least an 85% or above, Coach Dennis will award you with a Certificate of Course Completion and then you can join us as a Certified RevItUP123! Coach.

We appreciate your participation and look forward to seeing you Coach at practice!



REFERENCES and RESOURCES

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- Behaviour and screen time among youths with Down syndrome during the COVID-19 pandemic.**Amatori S, Sisti D, Perroni F, Brandi G, Rocchi MBL, Gobbi E.
 J Intellect Disabil Res. 2022 Apr 21:10.1111/jir.12933. doi: 10.1111/jir.12933. Online ahead of print.
 PMID: 35445779 Free PMC article.





TESTIMONIALS

"MY SON IS MORE ALERT, ON AND OFF THE COURT..AND HE LOVES BEING MOTIVATED BY COACH DENNIS'S TECHNIQUES! THANKS REVITUP123!" PETER SANDQUIST SPECIAL OLYMPICS COACH AND REVITUP123 PARENT.

*"I have made a lot of progress with my school work and I can focus better!" Smyran Ivory 12 years old Rev.ItllP123!
Participant*

"What I think is extremely neat for our kids is each of the Five Motor Skills Dennis challenges our kids to accomplish are attainable for a six year old, in our case, up to a twelve year old!" Chad Upson Director Police Athletic League, Palm Beach County, Florida



20 Questions

1. What is the Mission of RevItUP123!

2. What is the program's Motto?

3. Name the Five Action Activities.

4. List at least ONE Physical and Mental benefit of each of the Five Action Activities.

5. Describe how the Five Action Activities help improve social skills.

6. Describe how the Five Action Activities help build confidence and self esteem.

7. _____ and _____ are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being

8. It's about _____ when it comes to achieving each Action Activity.

9. No one _____ at RevItUP123!

10. The Program focuses on valuing individual abilities and uses _____ language.

11. RevItUP123! Coaches will abide by and use _____
_____ Guidelines and Rules for Safety and Risk Management.

12. As a result of completing each RevItUP123 Action-activity in 8 weeks=16 sessions, benefits include Improved _____,
_____, _____,
and _____.

13. _____ has the potential to develop between family members, parents and their children, office workers, groups, business colleagues, etc. _____ has the potential to develop between family members, parents and their children, office workers, groups, business colleagues, etc.

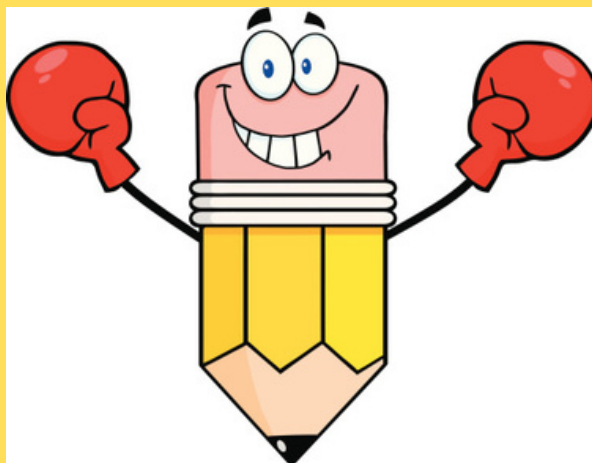
14. Circle the correct answer or answers:

The action activities also intend to teach participants:

- A. Respect for themselves, B. To respect each other's personal space
- C. Respect for personal boundaries, D. Respect for Coaches, and other participants E.. All of the above

15. True or False ____ Providing the RevItUP123! Programs benefit participants and the public at large

16. The Program incorporates D_____, E_____, E_____ and _____ in all activities and values individuals from all levels of society



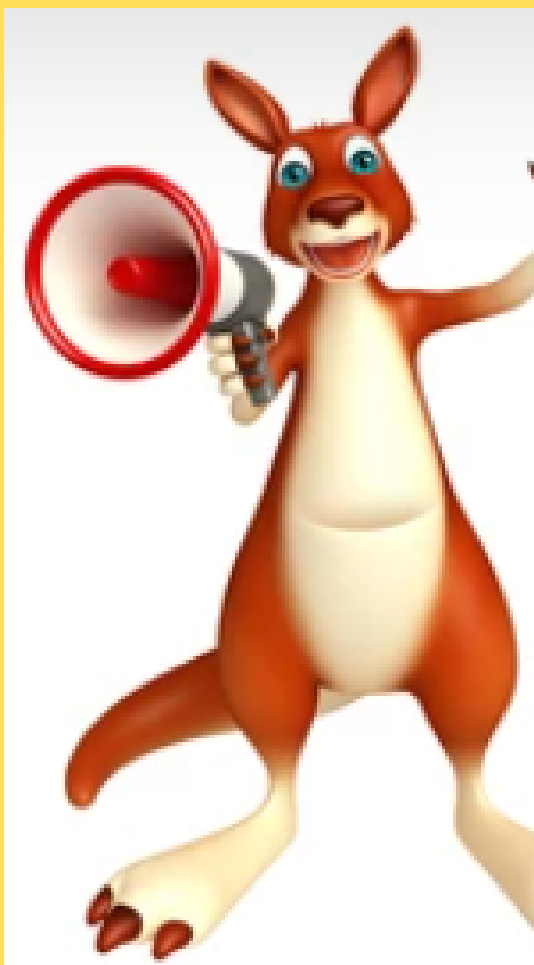
**YOU'VE GOT THIS!
ALMOST DONE!**

17. As professionals, we are responsible for adding_____ to the organization by _____ in our daily decision making.

18. As Professionals, by _____ for our individual decisions and actions, we are advocates for the organization.

19.As Professionals, by_____ in activities and events that _____ the credibility and value of the athletic program services, we are engaged in adding _____to the program and its ethical success.

20. True or False _____ Kangaroos can run backwards



**ALL DONE!
KEEP UP THE GOOD
WORK!**



**REVI THE ROO AND WIZZIE
THE WALLABY SAY...JUMP
ON TEAM REVITUPIZS!**

WATCH US HERE...

[HTTPS://YOUTU.BE/PQRVFIBBSJY](https://youtu.be/pqrVFIBBSjY)

**WANNA JOIN THE FUN??!
EMAIL REVI OR WIZZIE AT
INFO@REVITUPIZS.ORG**

**DONATE TO KEEP OUR
PROGRAMS FREE TO
PARTICIPANTS!
[HTTPS://WWW.REVITUPIZS.ORG/
DONATE/](https://www.revitupizs.org/donate/)**

