

# Winter Season Health & Wellness Opportunities



Special Olympics  
Washington

# Health

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**Golisano**

## HELP YOUR ATHLETES COMPETE AT THEIR BEST!

In season or off season, SOWA teams can work to improve their health, fitness, and athletic performance by participating in a Healthy Communities program:



### **Fit 5:**

**Best in a practice setting:** this program takes about 15 minutes each week. Program Leaders will receive a program manual and a Coaches Guide, and every athlete receives a Fit 5 Guide and tracker. The Coaches Guide is a tool to use during practice that leads you step by step through the content to cover with your team. Athletes have three simple goals: drink 5 bottles of water a day, eat 5 servings of fruits and vegetables a day, and exercise 5 times a week. Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Fit 5 can be lead or co-lead by SOWA coaches, **athletes**, unified partners, or volunteers.



### **SOfit:**

**Best in a club or classroom setting:** this program is a holistic approach to health and fitness that focuses on four kinds of wellness: nutritional, physical, emotional, and social. Each session of SOfit includes educational activities and physical activity. Program Leaders receive a program manual and a curriculum content book, and all athletes receive a SOfit Playbook. SOfit can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.



### **TeamBuildr:**

**Best at home or at practice:** this program is designed for individual athletes that are looking for sport specific training plans to build strength, endurance, and speed. SOWA athletes can download the TeamBuildr app on their smart phone and follow a customized workout plan over the sports season. If teams are interested in participating in TeamBuildr, you can also incorporate TeamBuildr's sport specific workouts into your team's practice.

Prizes  
for  
participation  
include:



Drawstring Sports Bag



Water Bottles



Team Water Jug

and more!

To sign up for a Healthy  
Communities program, contact:  
Della Norton / [dnorton@sowa.org](mailto:dnorton@sowa.org)



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PERMANENTE.**

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