

# Fit 5



Special Olympics  
**Health**

MADE POSSIBLE BY FOUNDATION  
**Golisano**



The Fit 5 Program is a series of 15-minute lessons on nutrition, hydration, and physical activity for teams to discuss before sports practice. The goals of Fit 5 are to drink 5 bottles of water a day, eat 5 servings of fruits and vegetables a day, and exercise 5 times a week.



Anyone can participate! Fit 5 can be led by coaches, athletes, Unified Partners, volunteers, family members or caregivers.



Fit 5 is best implemented in a practice setting during a traditional sports season for 6+ sessions.



All participants will receive a workbook and goal tracker. Participants who complete 6-weeks will earn a fitness incentive!



## PARTICIPANT AND COACH REQUIREMENTS:

- Be a registered athlete.
- Coaches meet Tier 1 requirements.
- Coaches attend training (offered 1x per season).

**Coaches: [Register Here!](#)**

**Contact: [fitness@sowa.org](mailto:fitness@sowa.org)**

