Healthy athletes are the best athletes! Fit 5 provides athletes with the resources, education, and motivation to improve and maintain their health. Once a week for 8 weeks, teams will spend 10-15 minutes discussing the Fit 5 topic of the week.

Special Olympics Washington athletes aim to meet three goals:

- **Drink 5 bottles of water a day**
- **Eat 5 servings of fruits and vegetables a day**
- **Exercise 5 times a week**

Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Prizes include: water bottles, t-shirts, running belts, aprons, exercise equipment and more!

Every athlete receives a Fit 5 Guide and goal 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. Fit 5 can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.

Register for Fit 5 through the season registration portal or email fitness@sowa.org

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