

Special Olympics **Healthy Athletes**[®]



Summer Games 2017

Where: Everett High School

When: August 19: Fit Feet, Special Smiles, FUNfitness, and Health Promotion
4:00 pm – 9:00 pm (Doors close at 8:15pm!)

August 20: Special Smiles, FUNfitness, and Health Promotion
9:00 am – 12:00 pm



Fit Feet offers podiatric screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes.



FUNFitness is the physical therapy component of Healthy Athletes. Designed to assess and improve an athlete's flexibility, functional strength, aerobic capacity and balance. These screenings also educate participants, families and coaches.



Health Promotion uses health screenings, interactive educational tools and displays, motivational literature and demonstrations to heighten the awareness of athletes, reinforcing the need to improve and maintain an enhanced level of wellness and self-care. It also provides screening for BMI, blood pressure, and bone density.



Special Smiles provides comprehensive oral health care information, including free dental screenings and instruction on correct brushing and flossing techniques to participating Special Olympics athletes. This also includes issuing preventative supplies like toothpaste and toothbrushes and fluoride varnish.

