

Healthy Communities Programs



MADE POSSIBLE BY **Golisano** FOUNDATION



KAISER PERMANENTE.

OFFICIAL HEALTH PARTNER OF SPECIAL OLYMPICS WASHINGTON



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.



Unified Fitness Club

Best in a school or community setting:

Unified Fitness Clubs are year-round physical-activity-based programs that utilize activity trackers and incentives to engage participants of all abilities and activity levels in healthy lifestyles. Clubs typically meet weekly and select activity types that suit the needs of their members. Walking is appropriate for all levels of fitness and is easy to access. Other fitness activities could include hiking, yoga, dancing, cycling and strength training. Participants are motivated to stay active throughout the week by tracking progress on goals, typically with a pedometer or fitness tracker. There is also a discussion component around healthy lifestyle/behaviors. Clubs and participants are recognized and rewarded for reaching certain milestones in steps/distance goals or other fitness accomplishments.



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.

To sign up for a Healthy Communities program, contact: Della Norton / dnorton@sowa.org

Or fill out this form: <https://forms.gle/PimLebrV87nMQsTj8>