

SPRING FITNESS CHALLENGE

Presented by:



KAISER
PERMANENTE.

OFFICIAL HEALTH PARTNER

MARCH 14 - APRIL 22, 2022

The Spring Fitness Challenge presented by Kaiser Permanente, is a 6-week program for individuals to complete virtually!

1



Exercise to the School of Strength videos online or using your DVD.

www.specialolympics.org/school-of-strength

2



Use the [Fitness Tracker](#) to record your progress every day.

3



[Submit a photo](#) of your Fitness Tracker for weeks 1-4 by April 8th to receive a running belt!

4



[Submit a photo](#) of your Fitness Tracker for weeks 5-6 by April 22nd to receive a t-shirt!

Athletes who complete the [Lifestyle Survey](#) and ALL 6-weeks of the challenge will be entered to win a custom SOWA duffle bag and an XBOX One X!



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Week 1: March 14 - March 18

Week 2: March 21- March 25

Week 3: March 28 - April 1

Week 4: April 4 - April 8

 April 8: Submit weeks 1-4 fitness tracking
Email a picture of your tracker to fitness@sowa.org



Week 5: April 11 - April 15

Week 6: April 18-22

 April 22: Submit weeks 5-6 fitness tracking
Email a picture of your tracker to fitness@sowa.org



 April 22: Complete Lifestyle Survey for a chance to win a SOWA Duffle Bag & an XBOX One!

<https://www.surveymonkey.com/r/SOWAFitness>

