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:

**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.

For those who would like to participate in MedFest:

**Step 1:** Follow the link to complete your health history: [https://medform.specialolympics.org/medfest](https://medform.specialolympics.org/medfest) once completed you will receive an email with the form that you completed attached.

**Step 2:** Schedule an appointment: [https://forms.gle/cQ6ntaodPVYybP61o7](https://forms.gle/cQ6ntaodPVYybP61o7)

**Step 3:** Arrive 10-15 minutes before your scheduled appointment time to complete the required COVID safety screening.

Please contact healthyathletes@sowa.org if you have questions, need help completing paperwork, or need help with transportation. We hope to see many of our athletes take advantage of this wonderful opportunity!

Volunteer Registration: [https://sowa2022medfestnorthkingco.my-trs.com/](https://sowa2022medfestnorthkingco.my-trs.com/)

**REGISTRATION DEADLINE: MAY 13th**

All attendees will be entered to win a pair of Brooks Running shoes & other fun prizes!