

Fitness Programs



MADE POSSIBLE BY FOUNDATION **Golisano**



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OFFICIAL HEALTH PARTNER OF SPECIAL OLYMPICS WASHINGTON

Physical fitness is a key part of the Special Olympics mission. In order for our athletes to be fit, they must practice healthy habits year-round and lifelong. Fitness programming empowers athletes and their supporters to take charge of their own health and fitness by providing the necessary education, social support, opportunities, and tracking of progress.



Best in a practice setting.

Follow the coach's guide to deliver 15-minute lessons on nutrition, hydration, and physical activity with your team during practice. The goals of Fit 5 are to drink 5 bottles of water a day, eat 5 servings of fruits and vegetables a day, and exercise 5 times a week.



Drink 5 bottles of water a day



Eat 5 servings of fruits and vegetables a day



Exercise 5 times a week



Best as a standalone club outside of sports practices.

Walking Clubs are a great way for teams to stay fit and active outside of sports practices. Participants meet weekly to walk, run or hike, and track their activity throughout the week to earn incentives.



Walking



Running



Hiking



Best in a school setting.

Unified Fitness Clubs are year-round physical-activity-based programs that utilize activity trackers, group fitness activities, and health education to engage participants of all abilities and activity levels in healthy lifestyles.



Activity Tracking



Group Fitness Activities



Health Education



Participants will receive incentives for completing at least 6-weeks of programming and tracking their goals!



All fitness programs can be led or co-led by SOWA coaches, athletes, unified partners, family members or volunteers.



Register for a Fitness Program through the [season registration portal](#) or email fitness@sowa.org