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:

- **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** is a Unified approach to wellness, with the primary goal of the program being to guide, educate, and encourage athletes and partners to maintain a healthy lifestyle through increased physical activity and improved daily nutrition. SOfit can be lead or co-lead by SOWA coaches, athletes, and unified partners. Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Prizes include: water bottles, t-shirts, bracelets, water jugs, exercise equipment and more.

An 8-week comprehensive wellness program for individuals of all abilities:

- An opportunity to learn, discuss and practice physical activity, nutrition, social and emotional wellness
- Participants are motivated by self-selected goals to improve their lifestyle choices
- SOfit coaches tailor educational topics and physical activities to the interests, goals and experience levels of the group

Register for SOfit through the season registration portal or email fitness@sowa.org

The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.