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. Clubs can take place at a Unified School or in a Community setting.

Unified Fitness Clubs include:

**ACTIVITY TRACKING**

**LESSIONS FOR LIFE**

**FITNESS ACTIVITIES**

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. Prizes include: water bottles, stickers, t-shirts, running belts, water jugs, exercise equipment and more!

Register for Unified Fitness Clubs 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.