

Special Olympics
Healthy Athletes[®]



FREE Health Screenings!

Saturday, March 4th (4:00pm to 7:00pm)

2023 Winter Games: Wenatchee Convention Center



Fit Feet - Many Special Olympics athletes suffer from foot and ankle pain, or deformities that impair their performance. Fit Feet offers screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes. Fit Feet helps Special Olympics athletes step lively on the playing field, and in everyday life.



FUNfitness is a physical therapy event that addresses the ongoing health needs of Special Olympics athletes. FUNfitness provides athletes the opportunity to be screened for flexibility of hamstring, calf, shoulder rotator and hip flexor muscles; functional strength of the abdominal and lower extremity muscles, and for balance. During these screenings, physical therapists, related professionals and students offer athletes expert guidance and exercises recommendations to prevent and reduce the risk of injury, and to improve the athletes' optimal function in sports training and competition.



Health Promotion focuses on healthy living, healthy lifestyle choices, and nation-specific health issues. In addition to health education activities, health Promotion offers screenings for bone density, blood pressure, and body mass index (BMI). Its goals include encouraging and enhancing healthy behaviors and improving self-efficacy and self-advocacy.

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