

# Healthy Communities Programs



MADE POSSIBLE BY **Golisano** FOUNDATION



**KAISER PERMANENTE.**

**OFFICIAL HEALTH PARTNER OF SPECIAL OLYMPICS WASHINGTON**



## 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.



## SOfit:

### **Best in a club or classroom setting:**

This program is a holistic approach to health and fitness that focuses on four kinds of wellness: nutritional, physical, emotional, and social. Each session of SOfit includes educational activities and physical activity. Program Leaders receive a program manual and a curriculum content book, and all athletes receive a SOfit Playbook. SOfit can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.



## Unified Fitness Club

### **Best in a school or community setting:**

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. 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.



## Walking Club:

### **Best in home, school and community settings:**

Start a Walking Club with your team to stay fit! Challenge yourself and your teammates to be more active and log more miles. The more miles you walk, the more rewards you earn for yourself and your team! Walking Clubs can be lead or co-lead by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club!

**Register for a Healthy Communities Programs through the season registration portal or email [fitness@sowa.org](mailto:fitness@sowa.org)**

# Fit 5



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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:



Drink 5 bottles of water a day



Eat 5 servings of fruits and vegetables a day



Exercise 5 times a week

Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Prizes include: water bottles, t-shirts, running belts, aprons, exercise equipment and more!

**FIT 5**  
SPECIAL OLYMPICS  
WASHINGTON



Every athlete receives a Fit 5 Guide and goal 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. Fit 5 can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.

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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 is designed with four pillars of wellness in mind:



**EMOTIONAL**



**PHYSICAL**



**SOCIAL**



**NUTRITIONAL**

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

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

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# Walking Club



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OF SPECIAL OLYMPICS WASHINGTON



## WALKING CLUB

SPECIAL OLYMPICS  
WASHINGTON



Start a Walking Club with your team to stay fit! Challenge yourself and your teammates to be more active and log more miles. The more miles you walk, the more rewards you earn for yourself and your team! This is all at no cost to the team or local program!

### Walking Clubs include:



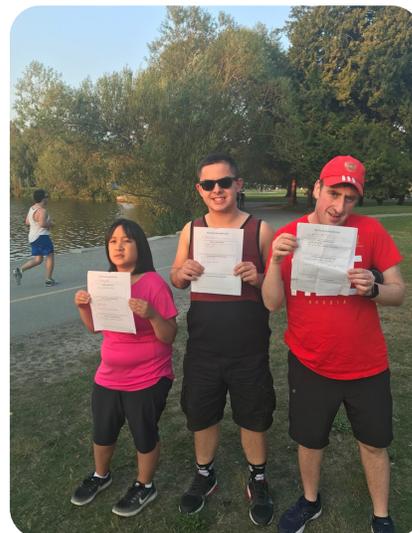
**WEARABLE  
ACTIVITY  
TRACKER**

**STEP TRACKER**  
Write down the number of steps you took at the end of each day & tally your weekly total!

NAME: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

**STEP TRACKER**



Walking Clubs can be lead or co-lead by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club!

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.

**Register for a Walking Club through the season registration portal or email [fitness@sowa.org](mailto:fitness@sowa.org)**

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# Unified Fitness Club



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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.

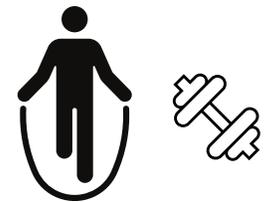
## Unified Fitness Clubs include:



ACTIVITY TRACKING



LESSONS 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](mailto:fitness@sowa.org)**