



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

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