



The Fitness challenge is a 6 week fitness/wellness program designed to encourage persons with intellectual disabilities and their supporters to focus on a healthier lifestyle. Anyone can participate as an individual, team or family. Participants will track success in health and wellness through monthly submitted journals, setting goals, tracking weight, and blood pressure

The Overall Goal: Get Healthy, Feel Healthy, Stay Active, Have Fun, Make a lifestyle change!

Checklist of the Fitness Challenge:

- Enter the 6 week challenge by completing the Enrollment form
- Select a Challenge Coordinator for managing the challenge(Responsibilities will be outlined later in the document)
- Teams must contain at least 1 Athlete
- Submit journals to Special Olympics -share updates, tips, ideas, information on who is exceeding expectations in their team or family, etc. (submit at 3 weeks and 6 weeks)
- Engage in 30 minutes of physical activity 4 times per week (complete activity log included)
- Complete Nutrition Log by adding each meal every day
- Complete Fitness tracker daily
- Complete Activity Log each day (these contain 1 week of reporting so you will turn in three of these at the 3 week update)
- Challenge Coordinators will complete “Post” Fitness report and team surveys with updates on weights, height, blood pressure, etc.
 - Take [lifestyle survey](#) before and after challenge:

Fitness Challenge start up packet includes:

- Water Bottles for participants
- Physical Activity guide
- Nutrition guidebook and suggested goals
- Commitment cards
- Enrollment forms, Lifestyle Survey, Fitness Assessment, journal layout, nutrition log, and Fitness Tracker

REWARD

Those who successfully complete the challenge will be awarded certificates!

**If you have turned in your enrollment form and surveys you are ready to get started!
Congratulations on choosing to get healthy!**



Important information for the Challenge Coordinator

The coordinator agrees to:

1. Submit enrollment form indicating the individual/team/family would like to participate in the Fitness Challenge program.
2. Organize fitness activities for individuals/families/team members
3. Share Fitness Challenge information with participants and their caregivers, including but not limited to: Health E-news, list of suggested fitness activities, incentive information, and other relevant information.
4. Distribute/collect/forward forms, in addition to accurately submitting fitness logs to SOAR Home Office.
5. Organize Individual/Families/Team attendance at a minimum of 2 additional wellness activities per week period.

Fitness Challenge activities can be the following:

- Special Olympics training
- Fitness Bingo Challenge
- Special Olympics competition
- Healthy Athletes Clinic
- Healthy Athletes Live or Virtual Healthy Education Fair
- Extra training classes or events offered that have a nutrition/wellness focus. If you have questions about what might work under this category reach out to Jennifer Stane or Camie Powell.

Instructions for submitting Challenge update packets:

1. To be completed by the individual or Fitness Challenge Coordinator
2. Should include weekly Fitness Trackers, journal entries, Nutrition log, Activity log, completed BINGO board (if applicable), and post evaluation (Lifestyle survey and Fitness Assessment)
3. Reminder - Activity should be 30 minutes or longer to be recognized as a Fitness Challenge activity.
4. Email, Mail, or fax challenge update packets to SOAR after 3 weeks and 6 weeks.

Please mail or fax to Special Olympics
Arkansas- Attn: Jennifer Stane Email:
Jennifer Stane
jstane@specialolympicsarkansas.org

Fax: 501-771-1020

Mail: Special Olympics Arkansas 2115 Main Street North Little Rock, AR 72114

Fitness Challenge

Special Olympics
Arkansas



Journal Entry:

(Submit 2 times during challenge - at 3 weeks and 6 weeks)

Share any feedback about yourself, your family, or your team and the fitness challenge!

As an individual, how are you encouraging yourself? If you are part of a family or team, how are you encouraging each other? Are there any unique ways you are exercising or eating healthy? Update us on your nutrition and fitness success!

Special Olympics Arkansas recommends participants consult their local health professional before beginning an exercise program



Be sure to complete [Lifestyle Survey](#) before and after challenge for each participant:

Nutrition Log Goals:

When completing your nutrition log you may select two options:

1. Enter each meal, showing the healthy choices
2. Enter a goal for each week.
 - a. [Suggestions for goals](#)
 - i. Make half your plate fruits and vegetables.
 - ii. Make half the grains you eat whole grains.
 - iii. Choose fat-free or low-fat (1%) milk, yogurt, or cheese.
 - iv. Drink water instead of sugary drinks.
 - v. Choose lean sources of protein.
 - vi. Compare sodium in foods like soup and frozen meals and choose foods with less sodium.
 - vii. Eat some seafood.
 - viii. Pay attention to [portion size](#)

Activity Calendar Ideas:

1. Obstacle Course around the house
2. Lunges through the rooms
3. Yoga
4. Special Olympics Arkansas [Workout Video](#)
5. Visit our website to see new [wellness opportunities](#)
6. For families and teams, let each member lead an activity
7. Walking around the park or neighborhood
8. Jump Rope
9. Play a sport outside (soccer, basketball, baseball, etc.)