

Fitness Challenge

Special Olympics
Arkansas



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 a weekly submitted Google Form. Participants will set individual goals, track food intake, water intake, and exercise.

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
- Each team member should:
 - Complete the self assessments before beginning the challenge and again at the end of the challenge. (Pre and post)
 - Lifestyle Survey ([online](#) or [printable](#) version)
 - Fitness Assessment ([online](#) or [printable](#) version)
 - Eat at least 5 servings of fruits/vegetables each day
 - Drink at least 5 bottles of water each day
 - Engage in 30 minutes of physical activity 5 times per week
 - Utilize provided tools to help keep track of your daily fruit/vegetable intake, water intake, and exercise level (these will be submitted at the end of the challenge):
 - [Nutrition Log](#)
 - [Activity Log](#)
 - [Fitness tracker](#)
 - Complete the Fitness Challenge Weekly Reporting Form each week ([online](#) or [printable](#) version)
- For teams and families using printable self assessments and reporting forms:
 - Give these to your Challenge Coordinator to be submitted to the SOAR home office.

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, 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 required self assessments and reports of each team member to the 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 documents:

1. To be completed by the individual or Fitness Challenge Coordinator either online or via mail, fax, or email.
2. Some items should be turned in at different times:
 - a. Weekly: reporting forms
 - b. 6 weeks: required submission of supporting documents including the Nutrition log, Activity log, completed BINGO board (if applicable), and post evaluation (Lifestyle survey and Fitness Assessment)
3. Email, Mail, or fax challenge update packets to SOAR home office

Please mail or fax to Special Olympics
Arkansas- Attn: Jennifer Stane

Fax: 501-771-1020

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

Email: Jennifer Stane jstane@specialolympicsarkansas.org

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A large, empty rectangular area with a white background, framed by a thin grey border. At the top of this area, there is a decorative header consisting of a thick red curved band and a thinner, light beige curved band below it. This area is intended for the content of the fitness challenge.



Remember: Be sure to complete Lifestyle Survey and Fitness Assessment 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.)

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

The SOAR Fitness Challenge is Sponsored by:

