

FALL INTO FITNESS

QUESTIONS? E-MAIL HANNAH.CLAVELL@SOIOWA.ORG



WHAT IS FALL INTO FITNESS?

“Fall into Fitness” is a walking club designed to enable Special Olympics Iowa athletes and Unified Partners opportunities to become more active. Miles/activity will be recorded on a bi-weekly basis for a 10 week period. Miles will be used in a competition and incentives-based format. Individuals and teams with the highest average miles will receive awards at the conclusion of “Fall into Fitness.” In addition the 5-station FIT Program pre- and post-assessments will be completed to record fitness progress.



ASSESSMENT

Every member must complete the 5-station FIT Program pre-assessment consisting of body mass index (BMI), sit and reach, 60 second plank hold, 30 second sit and stand, and the 20 meter shuttle run. The same assessment will be completed at the conclusion of the program to record fitness improvement.

WHEN

This is a 10-week program that will begin October 2nd and end December 6th. The data collection dates will be October 16th, October 30th, November 13th, November 30th and the final report December 6th.

EQUIPMENT

This year “Fall into Fitness” will be providing 100 Special Olympics athletes with Movbands to track their activity. The bands will be distributed on a seniority basis with special consideration for teams who have participated in the past. Unified Partners will need to record their own miles, either in a pedometer log or with their own personal fitness devices (Apple Watch, FitBit, Jawbone, Garmin, etc.). The Movbands and additional devices will be able to be synced online to track activity data. This will ensure more accurate tracking and less paperwork for the team and the SOIA FIT program.

Each team will have a designated head coach/leader. This person will be responsible for making sure the team syncs their fitness bands to the HealthSpective Engage Dashboard. If a member is not using a fitness tracker, the coach will be responsible for reporting pedometer data results to SOIA FIT intern, Hannah Clavell, at Hannah.Clavell@soiowa.org