

Fall into Fitness

SPECIAL OLYMPICS IOWA WALKING CLUB



FIT
Fitness
Improvement
Training



1.1 WHAT:

“Fall into Fitness” is a walking club designed to enable Special Olympics Iowa athletes and Unified Partners opportunities to become more active. It is a flexible program that will be easy for teams to maintain. Each club will meet at least once per week to walk together. More activities can be added to give variation to your fitness program. Miles/activity will be recorded on a bi-weekly basis. 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.

1.2 WHO:

“Fall into Fitness” is limited to the first 250 people who sign up. This is a unified sport and each team must consist of 20% Unified Partners. Unified Partners must have Class A Volunteer credentials.

1.3 WHEN:

This is a 10-week program that will begin September 12th and end November 18th. The data collection dates will be September 26th, October 10th, October 24th, November 7th and the final report November 18th.

1.4 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 (FitBit, Jawbone, Garmin, etc.). The Movbands and these devices will be able to be synced on line 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, Gabrielle Magee, at gmagee@soiowa.org

1.5 ASSESSMENTS:

Before receiving Movbands, members 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.

1.6 AWARDS:

Awards will be presented at the conclusion of “Fall into Fitness” to the top 5 Special Olympic Athletes who walked the most miles and the top 5 teams who averaged the most miles walked in the 10-week program. Come join the FUN!

Note: The honor system will be in place for using equipment properly and recording data correctly.

CALENDAR

On the following boxed dates miles walked must be reported to Special Olympics Iowa:

SEPTEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

OCTOBER

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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DAILY MILEAGE RECORDING SHEET

On the following sheet, record miles walked for each participant for the 2-week period:

Name	September															Total
	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	

Source: Fictitious data, for illustration purposes only

Note: The honor system will be in place for using equipment properly and recording data correctly.