



ARE YOU
READY FOR
THE
CHALLENGE?



Special Olympics Iowa
FIT Program

HOW DO I PARTICIPATE IN FIT?

A SPECIAL OLYMPICS IOWA UNIFIED® SPORT
ATHLETES, COACHES, FAMILIES, STAFF - EVERYONE CAN PARTICIPATE!



GET MOVING!

Get involved with your local Special Olympics Iowa team. Get FIT ideas are included on the next page and on our website www.soiowa.org.

TRACK YOUR ACTIVITY!

Complete monthly activity logs and work with your coach to complete and submit a quarterly FIT Participation Form. Participation awards and annual medals will be awarded based on your attendance and performance improvements.

TEST YOUR PERFORMANCE!

Participate in FITness Assessment Testing to measure your improvements. Opportunities will be available at upcoming State competitions and may also be arranged locally.



GET FIT IDEAS

JUST A FEW – ADD YOUR OWN!



- Tag on a 15-30 minute exercise routine to your SOIA sports training sessions
- Add strength training to your regular SOIA sports training schedule
- Train for a local walk/run – use an online “Couch to 5K” program
- Join a fitness group or class at the community center or local gym
- Walk, run, bike, hike, swim, dance, skip, stretch, skate, ski, jump, climb, play, MOVE!

CONTACT INFORMATION

HAVE QUESTIONS?



For more information, visit the FIT Program page at
www.soiova.org

Contact Bruce Wilson
Director of Regional Field Services
email: bwilson@soiova.org
phone: (515) 986-5520 x123

**Special
Olympics**
Iowa

