




Team Fit

New Year, Healthy Me

Winter 2021 Unified Off-Season Training Program

- ▶ Work towards health goals while preparing your mind and body for upcoming sports seasons with this off-season training program. Get grouped with familiar faces along with new friends on Unified-style teams.
- ▶ Available to those with and without technology-access as program materials will be available both online and in printed format. Optional supplemental videos will also be available to go along with some activities.
- ▶ Important Dates
Program Runs: January 4 - February 26
Kick-Off Zoom Party: January 4
Team Fit Virtual Series: February 25 & 26
- ▶ Register here - bit.ly/3ozZ2dG
To ensure you receive materials by January 4, register by December 18.

Questions?

 515-986-5520

 kneustrom@soiowa.org
(Health & Fitness Coordinator, Kara Neustrom)

