

Team Fit

New Year, Healthy Me

Unified Off-Season Training Program • Jan. 4 - Feb. 26

What can I expect?

- A unique volunteer experience you can complete from anywhere
- A variety of training sessions and materials
- A great, free workout routine
- Weekly incentives
- Motivation from and connection with a Special Olympics athlete

Your commitment as a Unified partner

- Provide 8 weeks of motivation to your team
- Complete 8 weeks of training activities
- Regular communication with the athlete(s)
- An interest to build connections with the athlete(s)



Questions?



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(Health & Fitness Coordinator, Kara Neustrom)



Work Out Alongside a Special Olympics Athlete!

Training will be offered

- Virtually: All sessions and materials will be online.
- Remotely: Hard copies of all training materials will be provided and athletes and Unified partners can communicate by phone.

Next Steps

- Register here - bit.ly/3ozZ2dG
- Receive your training packet (virtually or in the mail)
- Begin communication with your team
- Have a great time!