

SOfit: Return to Play Guide



We understand during the current climate, our usual programming is hard to uphold. Fitness is a great way to stay connected to your athletes, get them ready for when we do return to usual activities, and improve everyone's health at the same time.

SOfit is an eight-week program that treats wellness as a Special Olympics sport. Teams meet once a week, virtually or in person, to learn about health and wellness topics and participate in physical activity. The educational topics are based on four identified pillars of wellness: Social, Emotional, Physical and Nutritional. A SOfit Manual with these lessons will be provided to each site coordinator.

SOfit is highly adaptable to the teams, environment, and resources available. It could be done in small, in-person groups or virtually via video call or group chats. Participants are encouraged to set a goal for themselves in the beginning of the program and work toward it over the weeks. Teams can choose their lessons and fitness activities based on the goals of their group. Together, athletes and Unified partners are empowered to challenge and change the way they look at nutrition, daily exercise and lifestyle choices.

Fitness metrics and surveys are collected at three different time points, as well as attendance throughout the session. Each participant will receive incentives to encourage their healthy lifestyle.

“Every day is another chance to get stronger, to eat better, to live healthier, and to be the best version of you.”

-Unknown



For more information on how to start SOfit with your agency, please contact Brittany Hoegh at bhoegh@specialolympicswisconsin.org or fill out this SOfit Interest Form and we will respond with more details and resources on how to get started:

<https://forms.gle/dkkzSpsXZbUNtHq29>.

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