

Special
Olympics
Österreich



Special Olympics **Healthy Athletes®**



SPECIAL OLYMPICS
**WORLD WINTER GAMES
AUSTRIA 2017**

Graz | Schladming | Ramsau | Styria



Healthy Athletes® Health program

Special Olympics Healthy Athletes® global health program, made possible by the Golisano Foundation, is the largest global public health organization dedicated to serving people with intellectual disabilities.

- It consists of 7 different disciplines with 1 pilot discipline.
- The program offers free exams, consultations for therapies and distributes supplies to athletes.
- Athletes are examined in a warm and welcoming atmosphere.
- Healthy Athletes® opens the door to an optimal medical care as needed!
- Healthy Athletes provides an opportunity to follow-up care if needed.



Special Olympics Fit Feet

This program focuses on the athletes' feet, inspects motion range and deformations, as well as skin and nail consistency. Shoes and socks are also inspected to fit athletes. Athletes are also educated about choosing the right shoes as well as proper foot and nail care.



Special Olympics Health Promotion

This program aims to promote a healthy lifestyle. Health Promotion focuses on healthy living, healthy lifestyle choices, and specific health issues. The program also offers exams for bone density, blood pressure, and body mass index (BMI).



Special Olympics FUNfitness

The FUNfitness program examines athletes for flexibility, strength, and balance to improve function in sports training and competition, prevent or reduce risk of injury and recommend exercises. All collected data is used for personal consultation to enhance performance.



Special Olympics Lions Clubs International Opening Eyes®

Special Olympics-Lions Clubs International Opening Eyes® offers eye exams. Optical glasses and sport lenses are available free of charge to athletes as well as recommendations for future follow-up visits.



Special Olympics Healthy Hearing

The Healthy Hearing program provides hearing exams to athletes to detect ear or hearing problems, recommends follow-up care if needed, and advises about the necessity for regular ear and hearing exams.



Special Olympics Special Smiles®

The Special Smiles program offers free dental exams and instructs athletes on correct brushing and flossing techniques. Dentists check oral health and offer advice for best care.



Special Olympics MedFest®

MedFest offers the physical exam that all athletes need prior to participating in Special Olympics sports programming. The exam consists of medical history, height and weight, blood pressure, cardiology and other tests.



Pilot Special Olympics Strong Minds

This program is being introduced to the athletes as part of the World Winter Games 2017. Strong Minds will teach athletes mental exercises and provide resources to increase relaxation and stress management skills.





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„Heartbeat for the World“

is the motto of the Special Olympics World Winter Games 2017, which will take place from 14th to 25th of March 2017 for the second time in Austria.

- **2700 Athletes**
- **1100 Coaches** • **107 Nations**

• **9 Disciplines:**

Floor Hockey, Floorball, Stick Shooting,
Figure Skating, Speed Skating (Graz),
Alpine Skiing and Snowboarding (Schladming-Rohrmoos),
Nordic Skiing and Snowshoeing (Ramsau)

• **Versatile Program:**

Opening Ceremony, Final Ceremony, Torch Run,
Hosttown Program, Olympic Town,
Youth Summit and much more ...

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