



Welcome to **FUNfitness**, the fitness event developed by the American Physical Therapy Association (APTA) for Special Olympics (SOI) Healthy Athletes ®.

FUNfitness is the result of an established professional relationship between APTA and SOI. In November 1999 APTA agreed to develop **FUNfitness**, as a comprehensive physical therapy component for Special Olympic *Healthy Athletes*, a program that addresses ongoing health needs of Special Olympics athletes.

FUNfitness was piloted and revised in 2000. **FUNfitness** was premiered at the Special Olympics Winter World Games in Anchorage, Alaska in March 2001. Training sessions are held each year to train physiotherapists from around the world in the development of the even in their countries.

FUNfitness is a screening event designed to:

- identify needs
- help athletes improve
 - Flexibility,
 - Strength,
 - Balance, and
 - Aerobic Condition;
- educate participants, families and coaches about the importance of flexibility, strength, balance, and aerobic condition in overall fitness;
- provide a hands-on opportunity for participants to learn appropriate exercises from physical therapy professionals.

If you wish to host **FUNfitness** at Special Olympics games, the **FUNfitness** kit will be provided free of charge. Arrangements can be made with SOI to obtain additional supplies. For questions, please contact Donna Bainbridge, Global Advisor for FUNfitness & Fitness Programming dbridge@montana.com, 406-370-4563, or Shantae Polk, Special Olympics FUNfitness Manager spolk@specialolympics.org, 202-824-0239.