

GET FIT FOR SPORT Challenge – The Program

Special Olympics



WHAT

1. Athlete-led for all ... get active, get fit and eat healthy.
2. This is a friendly challenge among the states to see who can accumulate the most points based on their activities in a specific time period.
3. Track your healthy eating goal for the week and daily physical activities through the GET FIT FOR SPORT Challenge.

WHY

1. Fight overweight and obesity.
2. Your USA TEAM can prepare for the 2014 USA Games and motivate their friends and family to take part, too.
3. Athletes, families, friends and volunteers can participate in this program and enjoy being fit, too.

HOW

1. Choose an athlete group leader for your local training program to lead and motivate the group.
2. Everyone signs up and registers online from this special web address:
www.specialolympics.org/getfitforsport
3. Then log in each day utilizing the free tracker designed by the President's Council for Fitness, Sport and Nutrition which tracks everyone's progress.
4. On the paper log form, you will circle the healthy eating goal and record your activity and its duration. If needed, get help to log in these results online.

WHEN

1. The Challenge starts March 2nd and ends June 14th.
2. There are two 8-week sessions.
3. During each week,
 - a. Any activity counts – walking; sports; gardening; just to name a few.
 - b. Be active at least 5 of 7 days and 6 of 8 weeks.
 - c. Youth need 1 hour and adults need 30 minutes of activity.
4. Let's get after it.