



Overview

Special Olympics FUNfitness (physiotherapy) **assesses the flexibility, strength, balance, and aerobic fitness** of Special Olympics athletes and people with intellectual and developmental disabilities (IDD).

Through FUNfitness, volunteer physiotherapists and students screen athletes to identify areas of concern, provide athlete-specific education, and offer guidance for community-based follow-up care, including exercise and training tips and referral recommendations.

Facts and Impact:

FUNfitness screenings have found that a large percentage of Special Olympics athletes in the U.S. have fitness concerns including:

78% show concerns with flexibility.

38% experience imbalance.

9% report pain.

28% could increase number of days per week they exercise.

Purpose and Goals:

The goal of FUNfitness is to **improve the overall fitness and minimize the risk of injury** during training and everyday life for Special Olympics athletes and people with IDD. This is achieved by:

- Educating athletes, coaches, and caregivers on home exercises to support sport-specific training and everyday life.
- Training physical therapists (PTs) on how to meet the needs of people with IDD.
- Connecting athletes, coaches, families, and caregivers to local community PTs who are willing to work with people with IDD.

Contact:

funfitness@specialolympics.org