



## **Virtual Fitness Education**

Created through the collaboration of Special Olympics FUNfitness and the Fitness Team, the Virtual Fitness Education session provides an introduction to fitness and context to FUNfitness screenings.

Athletes, coaches and families/caregivers will learn:

- An overview of fitness and why it is important
- The 4 components of physical fitness and their benefits
- Sample exercises and information about the Fit 5 Guide and Fitness Cards
- An introduction to nutrition and hydration

The presentation also includes a series of polling questions. By asking these questions, presenters can begin to understand the participant's understanding and engagement in different areas of fitness.

FUNfitness clinical volunteers, fitness professionals, students studying a field focused on fitness, Program staff, and/or coaches can lead these presentations. The presentation, which takes approximately 1 hour, can be conducted on a video conference call (e.g. Zoom) with individuals, groups or teams of athletes.

If you have any questions, please reach out to [funfitness@specialolympics.org](mailto:funfitness@specialolympics.org).