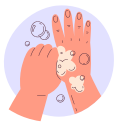
Special Olympics
Health Promotion

Station Guide

Special Olympics Health
MADE POSSIBLE BY Golisano FOUNDATION

Athlete Name: _____

	Check in and answer questions about my health	☐
	Check my height and weight	☐
	Test how strong my bones are	☐
	Check my blood pressure	☐
	Answer questions about what I eat and drink and learn about good nutrition and hydration	☐
	Answer questions about how much I exercise and sleep and practice exercising	☐
	Learn how to protect my skin from the sun	☐
	Learn how to best wash my hands	☐
	Answer questions about using or being around tobacco	☐
	Review my results	☐