**Day 1:**

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| **Time** | **Session Topic and Objectives** | **Presenters** | **Notes** |
| 9:00-9:30am  (30 mins) | Breakfast, networking, completion of Lifestyle Survey | SO Health Staff and athlete leader | Ask athlete leader to distribute lifestyle survey |
| 9:30-9:45am  (15 mins) | Introduction and Review of Meeting Objectives | SO Health Staff and athlete leader | Review the agenda, expectations and goals for the training (8 mins)   * Athletes will:   + Have an understanding of the health of Special Olympics athletes and the different components of the SO health program.   + Have an understanding about how to be healthy and a positive role model to others.   + Understand what healthy activities they can do with other athletes once they’re back home.   + Develop skills to help them lead in their community and advocate for the health of people with ID   + Develop skills to lead on their teams and in their communities to help others establish healthy lifestyles   + Think about how they can best use their leadership skills for action   + Leave feeling empowered lead SO athletes in health and fitness   Ask a local athlete to provide some inspiration and encourage them to be health advocates (5 mins)  Play Tim Shriver video (2 mins) |
| 9:45-10:30am  (45 mins) | Overview of Special Olympics Health and Fit5 | SO Health Staff | Should be interactive to include table discussions and an interactive presentation on healthy lifestyles to set the tone.  Activity idea: Discuss health issues facing athletes. |
| 10:30-10:45am  (15 mins) | Building Positive Healthy Habits | SO Health Staff | See activity resources |
| 10:45-11:00am  (15 mins) | Fitness/Health Break and bathroom break | Athlete to lead activity | Activity: Get attendees out of their chairs and moving. |
| 11:00-11:30am  (30 mins) | Group discussion: What are challenges you face to achieving good health? What challenges do other athletes face to achieving good health? | Athlete leader and SO Health Staff | This should be a peer-to-peer discussion lead by an athlete leader. Meeting the challenges should be lead by an SO Health staff person.  Objective: Athletes should talk about the barriers and challenges to achieving good health and are prepared to go into health influencer meetings conveying the issues.  Make sure to read out challenges faced. How can we prepare the Health Messengers to help address these challenges?  Supplies: Suggest using flip charts to document the discussions and read out from the group |
| 11:30-12:00pm  (30 mins) | Group discussion: Athlete role in educating and motivating leaders/influencers in communities, schools, local organizations, and government to promote and support health of people with ID. | SO Health Staff | This discussion should be focused on talking about solutions and how Health Messengers can activate.  Objective: Athletes gain tools to motivate health influencers, government officials, partners |
| 12:00-1:00pm  (60 mins) | Working Lunch: Setting Personal Health Goals | SO Health Staff | Give attendees time to take a break and get their lunch. (30 mins)  While their eating have them write down their personal health goals. See guide for setting personal health goals (30 mins) |
| 1:00-4:00pm  (3 hours) | Activity Stations (45 mins - 1 hour for each):  Choose from:  Fitness/FIT5  Nutrition & Hydration  Emotional Wellness  Hygiene  Building Positive Healthy Habits  Develop your own! | SO Health Staff and athlete leader   * 1 for each station | Participants need to be divided up into groups for the stations. They should have a sticker on their name tag indicating their group.  Participants switch to a new station every hour.  There should be a break after 2 sessions with snacks and water. |
| 4:00-4:45pm  (45 mins) | Work with Mentor on Practicum | SO Health Staff | This time should be used for attendees to finalize their practicum, and prepare their presentation to share what they will do with other attendees.  Staff should circulate the room to provide support on practicums and presentations. |
| 4:45-5:00pm  (15 mins) | Wrap Up | SO Health Staff and athlete leader | Attendees should be invited to share one thing they learned.  Review the Day 2 agenda. |

**Day 2:**

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| **Time** | **Session Topic and Objectives** | **Presenters** | **Notes** |
| 9:00-9:30am  (30 mins) | Breakfast, networking | SO Health Staff |  |
| 9:30-10:00 am  (30 mins) | How to talk to media session | SO Comms Staff |  |
| 10:00-10:30am (30 mins) | How to use social media to share healthy lifestyles messages | SO Comms Staff |  |
| 10:30-11:30am  (60 mins) | Attendee practicum presentations | SO Health Staff | Invite each attendee to practice their practicum or present their practicum plan. Allow 5 minutes for each presentation and 3-5 minutes of comments and feedback from the group on what was presented. The time needed for this session will vary with the number of trained Health Messengers. If you have a large group, you can break up attendees into group to do their presentation. |
| 11:30-12:00pm  (30 mins) | Wrap Up and Health Messenger certificate presentations | SO Health Staff and athlete leader | Invite each individual participant to receive their certificate  Take individual photos of each participant with their certificate.  You can also give out the certificates after the Health Messenger has done their practicum presentation. |