



Your Role as a Health Messenger



Special Olympics

Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

What is a Health Messenger?

A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model.

There are many roles for Health Messengers. You don't need to pick just one!

Answer these questions to figure out the roles that are right for you:

1. Why did you volunteer to be a Health Messenger?

2. Do you like teaching people how to do things?

Yes No (circle one)

Tip: if you circled "yes" you may be a good healthy habits leader.

3. Are you good at motivating teammates?

Yes No (circle one)

Tip: if you circled "yes" you may be a good health and fitness leader.

4. Do you have a passion for fitness or nutrition?

Yes No (circle one)

Tip: if you circled "yes" you may be a good role model.

5. Do you like talking to people in the community about why they should support Special Olympics?

Yes No (circle one)

Tip: if you circled "yes" you may be a good spokesperson or health advocate.

6. Do you want to get more athletes in your State to go to Healthy Athletes screenings?

Yes No (circle one)

Tip: if you circled "yes" you may be a good spokesperson Healthy Athletes coordinator.

7. Which roles would you like to do? (you can check more than 1)

_____ **Spokesperson:** speaks to the media or other health influencers about the health needs of people with ID and the challenges they face to getting good care.

_____ **Healthy Athletes Coordinator:** recruits and guides athletes through the Healthy Athletes screenings, serves as a peer educator at health education stations and assists with setting up the screening.

_____ **Healthy Habits Leader:** creates health education stations (like sunscreen or water stations) at Special Olympics events.

_____ **Health & Fitness Leader:** teaches health and wellness education (like leading walking clubs or teaching healthy cooking classes).

_____ **Health Advocate:** attends meetings with health and fitness partners and influencers to speak and advocate on behalf of people with ID.

_____ **Role Model:** inspires other athletes to be their healthiest through their own healthy behaviors.

_____ **Another role:** is there something else that you would like to do? What is it?
