

## Healthy Communities Webinar 2/20/2018

Fitness questions asked during the presentation:

1. Could you send a list of which programs are implementing each of these projects?  
-Attached is a list of our grantees by model of implementation. We currently don't have a system in place to track Programs doing a fitness model (or that utilizes Fit 5 and Fitness Cards in a way that would count for criteria 5) without our funding so there is likely way more than this. The last round of grants was the first time we offered grants for Fit 5/Fitness Cards resources, so I envision that list growing.
2. How can we access Fit 5 kits? Do they cost? Do we print ourselves?  
-Fit 5 Guide: <https://resources.specialolympics.org/fit-5/#.Wo3oAq6nGpq>  
-Fitness Cards/Videos: <https://resources.specialolympics.org/Fitness-Cards/#.Wo3oDK6nGpq>  
-PDFs are available for download on the links above! Currently, we only have our English resources on our website. However, Spanish, French, Russian, and Chinese are available, but just have not been uploaded to the site. We plan to do that in the next few months, but for the time being, if they need a translated version they can email me. One important note—the fitness kits promoted on the site are still available, but our capacity to fulfill that request is very limited. If Programs want Fit 5, Fitness Cards, and/or Movbands, they should reach out to me directly. We can typically send a limited number to Programs, but eventually need Programs to find a way to sustain printing costs.
3. Is there a precedent for programs purchasing scales and blood pressure devices for their local programs to obtain reliable metrics?  
-There have been several Programs that wrote that into their budget in order to ensure quality data. Another widely successful practice has been partnering with universities (exercise science, kinesiology, even nursing or medical students) or local wellness or fitness centers to have these students and professionals assist in the data collection process. Additionally, when programming has expanded widely across the SO Program, setting the expectation that interested parties will find their own local partner for data collection has been successful in capturing quality data.