



ROAD TO USA GAMES

2022 CHALLENGE REPORT
EASY-READ



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION



ABOUT THIS DOCUMENT

- This document is a report explaining the 2022 USA Games Fitness Challenge and what was learned from the Fitness Challenge.
- Special Olympics Health made this report.

KEY TERMS

- Special Olympics uses the term fitness to mean “optimal health through adequate physical activity, nutrition, and hydration.” To be a great athlete, we must be a healthy athlete!
- A mobile application is often called an “app”. It is a type of computer program that can be used on a mobile phone.
- A wearable device is a type of watch that can track your steps and physical activity.



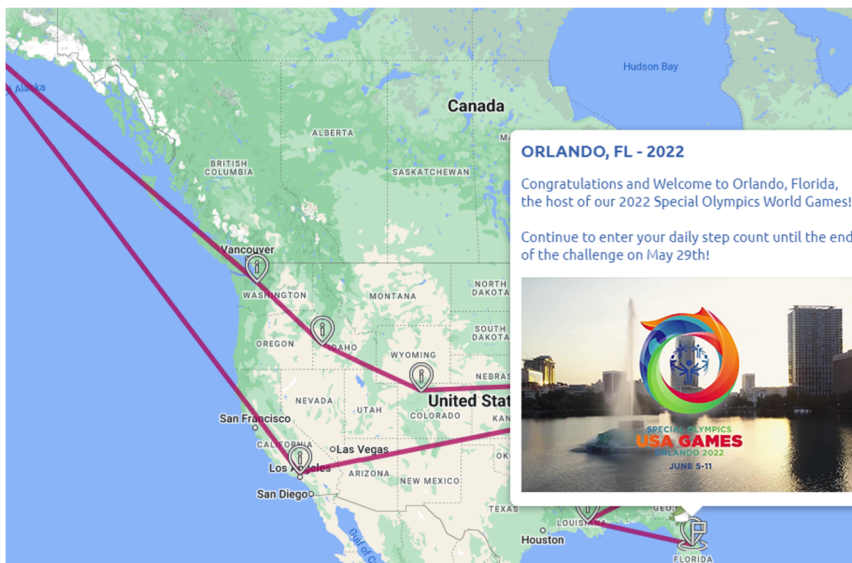
Special Olympics
Health
MADE POSSIBLE BY **Golisano** FOUNDATION



The work of Special Olympics Health is made possible by the Centers for Disease Control and Prevention in the United States, and by the Golisano Foundation around the world.

BACKGROUND AND PURPOSE

- In January 2022, Special Olympics (SO) launched “The Road to USA Games” Fitness Challenge for athletes and Unified partners competing at the 2022 USA Games.
- Participants were challenged to achieve at least **1 million steps from January 10 - May 29, 2022.**
- They took a virtual journey from Brookline, MA, the birthplace of SO founder Eunice Kennedy Shriver, to 2022 USA Games host city, Orlando, FL using the SO FitNow app.
- Participants visualized their progress on the map and learned about Special Olympics’ history.
- The **SO FitNow app** tracks physical activity, as well as fruit, vegetable, and water intake to develop awareness of making healthy choices.



Enter date:

Choose an activity:

Enter minutes:

Enter date:

Enter number of steps:

CHALLENGE ACTIVITIES

DAILY STEPS



- Participants **connected a wearable device to SO FitNow** or manually entered their physical activity into the app.
- 2022 USA Games athletes and Unified partners who did not have a wearable device were provided a device called the Fitbit Inspire 2.
- To reach the 1 Million Steps goal, participants had to complete about **7,200 steps per day**.

HEALTH EDUCATION



- Each week of the challenge had a **health education lesson** to keep participants active while learning about ways to stay healthy.
- Topics included healthy eating, hydration, injury prevention, hygiene and more!

CHALLENGE LEADERS



- Special Olympics used Challenge Leaders to create and deliver health education lessons.
- There were **52 Challenge Leaders**.

CHALLENGE FINDINGS

PARTICIPANT INFORMATION

- A total of **55 US and Caribbean SO Programs** participated in the USA Fitness Challenge.
- In total, **2,230** athletes, coaches, Unified partners, Program staff, family and caregivers participated in the Challenge.
- The average age of athletes who participated in the USA Fitness Challenge was **30 years old**.
- Most athletes were between the age of 20-40 years (74%).
- **56% were male.**



CHALLENGE FINDINGS

PHYSICAL ACTIVITY STEPS

- Cumulatively, participants completed over **2.1 billion steps** across the Road to USA Games challenge.
- Over the course of the Challenge, the average daily steps **increased from 7,100 steps in Week 1 to 10,600 steps in Week 20.**
- These 5 Programs achieved the highest number of steps.

TOP STATE PROGRAMS

1	SO Maryland	172,492,651 steps
2	SO New Hampshire	127,526,197 steps
3	SO Indiana	123,968,922 steps
4	SO New Jersey	103,426,331 steps
5	SO New York	95,356,861 steps

DID YOU KNOW?

2.1 billion steps is the same as:

Traveling from the Earth to the moon **four times!**



Walking around the Earth over **40 times!**



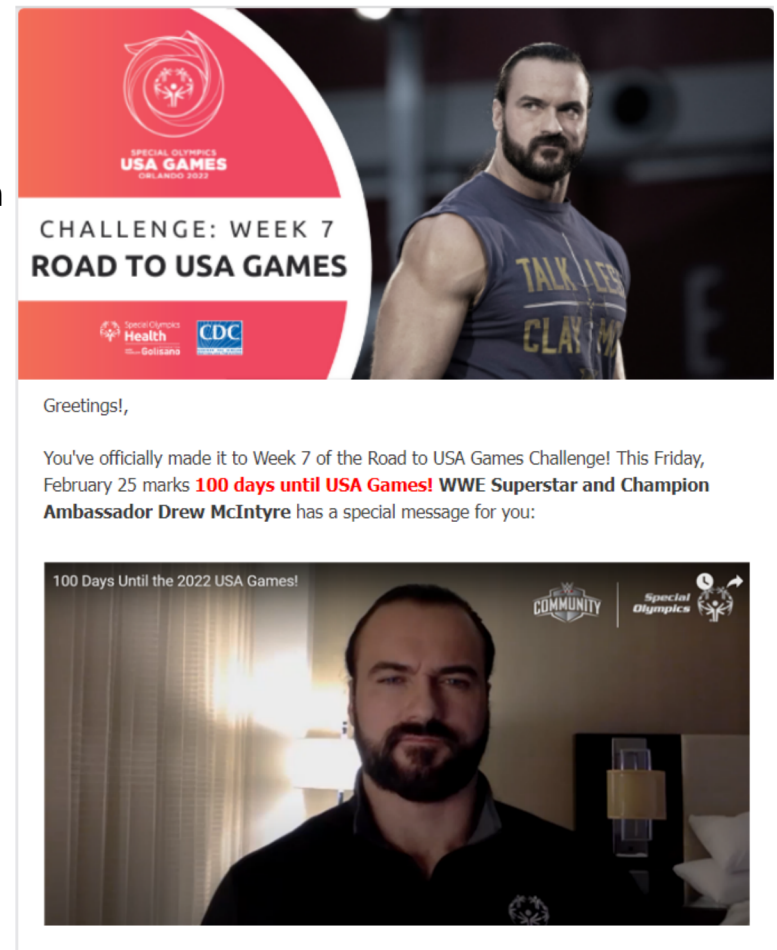
Running **38,167 marathons!**



CHALLENGE FINDINGS

HEALTH EDUCATION USAGE

- Challenge participants received weekly newsletter emails containing health education content.
- The health education content included information on healthy eating, sports performance, injury prevention and more!
- On average, **68% of the weekly newsletter emails were opened** by athletes.
- The emails sent in Weeks 1, 7, and 20 were opened and engaged by the highest percentage of athletes.
- Week 7 was the "100 Days until USA Games" newsletter and contained a video message from WWE Superstar and Special Olympics Champion Ambassador, Drew McIntyre.



POST-CHALLENGE SURVEY

- After the challenge, participants completed a survey to describe their efforts and satisfaction with the USA Games Fitness Challenge.
- The survey was distributed in-person at the USA Games and through email after USA Games.

HEALTH AND PHYSICAL ACTIVITY



- 8 out of 10 participants reported they were **more active** because of the Challenge.
- 7 out of 10 of participants reported their **health improved** because of the Challenge.
- 7 out of 10 participants were **very satisfied** with their effort during the Challenge.

SATISFACTION WITH THE CHALLENGE



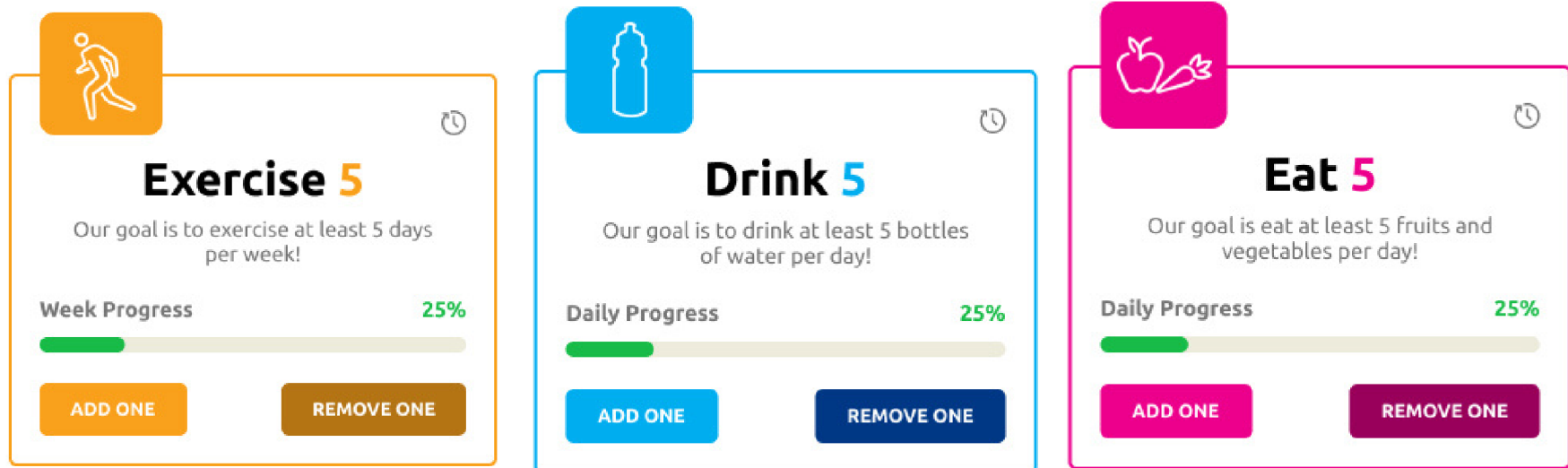
- 8 out of 10 participants felt the **length of the Challenge** was "just right".
- 7 out of 10 participants felt the **1 Million Step goal** was "just right".
- 8 out of 10 participants liked the Challenge 'a lot'.
- 9 out of 10 of participants said they **would participate in a future SO fitness Challenge.**

SO FITNOW FEEDBACK

SO Program staff, coaches, caregivers, and athletes met with the SO Fitness team to discuss their experiences using the SO FitNow app.

KEY HIGHLIGHTS

- Make it easier to create an SO FitNow app account.
- Improve wearable device connection to the app.
- Fit 5 trackers helped build awareness of daily health habits.
- Involve and engage coaches more in using the app.
- All stakeholders want to keep using the app!



CONCLUSION

- The Road to USA Games Challenge had athletes participating across 55 United States and Caribbean Programs.
- Average **daily step counts among athletes increased** over the 20-week Challenge.
- Over half of the athletes achieved the 7,200 steps per day goal.
- The use of fitness challenges are an effective tool to achieve physical activity goals.
- Athletes expressed that they **enjoyed the Road to USA Games Fitness Challenge** and want to participate in future Special Olympics fitness challenges.



"I reached my goal of weighing under 200 lbs. I'm learning more about healthy eating and ways to stick to my healthy eating plan! My friend and I workout at the gym with our trainer. I also do rock climbing with my family. I made videos for Team TN for the health tip each week."

ERIC MASSEY

SO TENNESSEE ATHLETE AND
HEALTH MESSENGER