



Fit Families is a 6-week fitness program designed to encourage persons with intellectual disabilities and their supporters to focus on a healthier lifestyle. Families/ Team Participants will track success in health and wellness through monthly submitted journals tracking weight, blood pressure, resting heart rate, activity minutes, and nutrition.

The Goal: Get Healthy, Feel Healthy, Stay Active, Have Fun, Make a lifestyle change!

Program Requirements:

- The challenge is 6 weeks long. Families/Teams can repeat the challenge as many times as they'd like
- The challenge is for any family/team of up to 4 people, but must include at least one person with an intellectual disability. For example, the group could be family members, classmates, friends, coaches and athletes, etc.
- Each family/team must select a Challenge Coordinator that is responsible for managing the paperwork for the challenge. This person will complete the enrollment forms, logs, and other required documents. They will submit necessary items in a timely fashion, and communicate with the SO Program.
- Families/Teams must engage in at least 30 minutes of physical activity 4 days per week for 6 weeks in order to be eligible for an incentive at the end of the challenge.
- Families/Teams must complete the physical activity log and nutrition log, and submit them to the SO Program at midpoint (3 weeks) and completion (6 weeks) of the challenge.
 - Families/Teams must also submit initial health data (height, weight, blood pressure, resting heart rate) and lifestyle survey for each member with enrollment forms and final health data and lifestyle survey at the completion of the challenge
 - Families/ Teams must also submit a weekly journal entry per week
- Upon receiving enrollment form, SO Program should give Family/ Team a start up package. Items in packet should include all necessary forms (i.e. activity log, nutrition log, journal), as well as items that motivate groups.
 - Examples of items in next section
 - Make sure to get packet to Family/Team in a timely fashion.
- Once Family/Team has completed the challenge and submitted all necessary requirements, SO Program should send out a reward/incentive
 - Examples of items in next section



Program Recommendations/Tips:

- If possible, have a rolling enrollment. Allow Families/Teams to start the 6 weeks at any time.
- Suggested start up packet ideas:
 - Pedometers
 - T shirts,
 - Physical activity guide and suggestions; Nutrition guides and suggestions
 - Family Commitment Cards
 - Monthly Health Newsletter
 - All necessary documents for submission
- Suggestions for rewards/incentives:
 - Healthy Cookbook
 - Healthy cooking materials
 - Water bottles
 - Physical activity equipment like frisbees, exercise bands, jump ropes, yard games, etc.
- Encourage participation by promoting Fit Families Challenge in everything SO Program does.
Examples:
 - Set up booth at Games, Family Health Forums, or other events.
 - Reach out to schools and day/residential centers
 - Include in SO newsletters
- For Families/Teams continuing the challenge past the initial 6 weeks, it is not necessary to send them the incentives in the start up package.
- The SO Program Challenge Coordinator must find an organized method of tracking Families/Teams through the challenge.
 - Ensures that Families/Teams receive start up packets and rewards in a timely manner
 - Must report health data on grant reports (height, weight, resting heart rate, blood pressure, activity minutes, lifestyle survey answers).
- SO Program Challenge Coordinator should communicate with groups to encourage participation and prevent drop off.
- Start up packet and incentives can be hand delivered, when possible, in order to save on shipping.
- Encourage Families/Teams to participate in other fitness/wellness/health activities organized by the Program.