

Fit Families and Friends

Challenge yourself to healthy and active lifestyle
with family and friends!



Special Olympics
Health

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Golisano



FIT FAMILIES AND FRIENDS

Developed by Special Olympics Arkansas, Fit Families and Friends is a six-week fitness challenge designed for individuals with disabilities and their supporters. Throughout the challenge, small groups of families or peers support each other's progress toward physical activity and nutrition goals. Participants earn incentives for completing the challenge while finding success in a healthier lifestyle.

Fit Families and Friends Model

- The challenge is for six weeks, but teams may choose to repeat the challenge
- Teams should be small groups of about four people, and can include family members, classmates, coaches, housemates, etc.
- Teams will work toward a goal of engaging in physical activity for at least 30 minutes a day, 5 days per week
- Each team member will also create a personal nutrition goal(s) and track progress for the challenge
- Progress is monitored through weekly logs and journal entries that allow members to share their experiences as they make lifestyle changes



“Ann took part in Fit Family and Friends and fell in love with learning how to keep track of her steps, what she was eating, and the activities she did throughout the day. Now that the program is over, she continues to track her progress and encourages others to make healthy choices. **Ann works at a high school cafeteria where she advises students to pick vegetables as a side and explains what she learned through Fit Family and Friends.**”

– SO British Columbia

Email fitness@specialolympics.org with questions or comments