



Developed by Special Olympics Minnesota, SOfit offers individuals with and without intellectual disabilities a journey toward improved health through comprehensive wellness education and regular physical activity. Participants leave each session with the knowledge and skills to make healthy lifestyle choices.



### SOfit Model

- An 8-week comprehensive wellness program for individuals of all abilities
- An opportunity to learn, discuss and practice physical activity, nutrition, social and emotional wellness
- Participants are motivated by self-selected goals to improve their lifestyle choices
- SOfit coaches tailor educational topics and physical activities to the interests, goals and experience levels of the group

“Before I started SOfit, I would just wake up in the morning, shower and go straight to my daily activities without doing any exercise, because I thought exercise was a very difficult thing to do. Since joining the program, I have come to understand the **importance of exercise to my health** and how to build my fitness gradually. Now when I wake up, I sit down for twenty minutes to relax, drink two glasses of water and go out for a moderate exercise before setting out for the day. **SOfit has taught me how to eat healthy and stay away from foods that cause health problems.**”

– Lawal Kadiri, Special Olympics Nigeria

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