Developed by Special Olympics Connecticut, Unified Fitness Club brings together individuals with and without intellectual disabilities for non-competitive physical activity. The Club provides the platform and opportunity for individuals to challenge themselves, establish friendships and earn rewards.

Unified Fitness Club Model
- A year-round club that meets at least once per week
- Each club selects activity types that suit the needs of their members.
- Walking is appropriate for all levels of fitness and is easy to access.
- Other fitness activities could include hiking, yoga, dancing, cycling and strength training
- Participants are motivated to stay active throughout the week by tracking progress on goals, typically with a pedometer or fitness tracker
- Clubs and participants are recognized and rewarded for reaching certain milestones in steps/distance goals, or other fitness accomplishments

“Since joining our Unified Fitness Club, athlete Tasha Paulo has become a more confident person at school and more conscious of her health and well-being. Unified Fitness Club has helped her form new friendships, increased her level of confidence and opened her up to becoming an athlete leader. Not only has she lost a significant amount of weight, Tasha is a great role model for other athletes in her school and says that she loves ‘working out with my friends and family’”

– SO American Samoa

Email fitness@specialolympics.org with questions or comments

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