

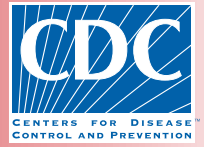
# Unified Fitness Club

Enhancing fitness and inspiring friendships through physical activity!



Special Olympics  
**Health**

MADE POSSIBLE BY **Golisano** FOUNDATION



## UNIFIED FITNESS CLUB

SPECIAL OLYMPICS



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](mailto:fitness@specialolympics.org) with questions or comments