



## Get Involved

Get involved with SOfit! Join as an athlete, Unified Partner or coach and get active today!

### FOR MORE INFORMATION, CONTACT:

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Benefit of Persons with Intellectual Disabilities.*



*Unified health & wellness  
for everyone!*

## What is SOfit?

Special Olympics Minnesota's (SOMN) SOfit™ health promotion program is a Unified approach to improving and protecting health and wellness for people with and without intellectual disabilities. SOfit offers participants a comprehensive, 360 degree look at wellness and the human spirit. Together, athletes\* and Unified Partners\* are empowered to challenge and change the way they look at nutrition, daily exercise and lifestyle choices.



## One Coach... A Unified Pair... 8 Weeks

SOfit is an eight week Unified approach to wellness, which pairs athletes with Unified Partners. Each team will have at least one coach, who is committed to educating and guiding the athletes and Unified Partners on their respective teams to a healthier, more active lifestyle.

### SOfit Aims to ...

1. Guide athletes and Unified Partners to healthier lifestyles through increased physical activity and improved nutrition.
2. Increase participants' knowledge about physical exercise and food nutrition (including food value, shopping best practices and meal preparation) from pre-program to post-program.
3. Allow participants to experience heightened social engagement and better emotional wellbeing as a by-product of the inclusive nature of the program.

### Athletes

Athletes must be a registered Special Olympics athlete with their local SO program.

### Unified Partners

The ideal Unified Partner would be someone close to the athlete, with at least semi-regular contact and a high commitment to completing the program alongside their athlete partner. All Unified Partners must:

- Have a Class A Volunteer form on file.
- Complete a background check



### Coaches

Each team will have at least one coach committed to educating and guiding athletes and Unified Partners through the program.

A previous knowledge of wellness and fitness topics is preferred, but not required. All coaches must:

- Have a Class A Volunteer form on file.
- Successfully complete a background check.
- Complete a Train the Trainer session prior to first team meeting (two and a half hour time commitment).
- Agree to collect metrics for their team at the beginning, middle and end of each session and report them back to the Special Olympics International.

**\*Athletes are individuals with intellectual disabilities.**

**\*Unified Partners are individuals without intellectual disabilities.**