

Introduction to SOfit™?

What is Wellness? Wellness is an overall feeling of wellbeing, as well as demonstrating emotional and physical health. The social and nutritional environment we surround ourselves with are huge parts of wellness – when we are in a healthy place socially, and eat nutritious food, we feel better! Often, it takes dedicated effort to achieve a feeling of wellness, and it is important to realize that wellness can, and should, be worked on every day to maintain.

What is Fitness? Fitness is your best health, achieved through physical activity, nutrition and hydration.

Why are these important? – The relationship between wellness and fitness is very important. This is because you want to be fit to live the life you want to live, and do the activities you want to do. Wellness is a crucial component! If you're living well and being healthy, you can enjoy the things you want to in life more fully, and for longer.

How do we accomplish being fit and well? Wellness begins with education – most people need to learn healthy skills in order to be healthier and happier. Everyone has different interests and goals in life – learning how to move toward them is crucial to increasing quality of life! By building healthy skills into our lives, we form habits that last a lifetime.

Let's talk about the different parts of wellness. To simplify such an amazing, broad topic, we break it into four categories: Physical, Social, Emotional and Nutritional. The skills we build in these categories all work together, and impact each other in many ways.

****Activity time!**

Take 'activity cards' with partners, and put them into 'pillars' for each. Explain why they went there, and how they could work somewhere else as well.

Activity cards can be created by writing various sports, recreation activities, chores, games, hobbies, etc. onto note cards. Think of activities that are popular near your Special Olympics location and include many various options!

Social	Physical	Emotional	Nutritional
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Lesson wrap-up discussion:

What pillar is the most important to you and your goals right now? There's no wrong answer!

