

## SOfit at a Glance

Special Olympics Minnesota's 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 holistic, personalized look at wellness and the human spirit. Together, athletes and Unified partners are empowered to challenge and change the way they look at diet, daily exercise and lifestyle choices.

SOfit is an eight week program that treats wellness as a Special Olympics sport. Teams meet once a week to learn about health and wellness topics and participate in physical activity. The educational topics are based on four identified pillars of wellness: Social, Emotional, Physical and Nutritional.

SOfit is highly adaptable to the teams, environment, and resources available. Participants are asked to set a goal for themselves in the beginning of the program and work toward it over the weeks. Teams are encouraged to choose their lessons and fitness activities based on the goals of their group.

Not all SOfit participants need, or want, to work on the same aspects of wellness. The program was designed with this in mind, and allows teams (and individuals) flexibility in their educational lessons and physical activities, so each meeting can be tailored to the specific team.

Teams are asked to track metrics based on their participants goals (ie: blood pressure, social engagement, weight, or healthy habits) and submit them to their local SO program.

**“There is no greater disability in society than the inability to see a person as more. ”**

**-Robert m. Hansel**

