

Special Olympics Connecticut Unified Sports® Fitness Club

Special Olympics Connecticut Unified Sports® Fitness Club brings together people with and without intellectual disabilities, and provides opportunities for regular physical activity to enhance fitness and inspire friendships among participants.

The Club follows the Unified Sports® Recreation Model and focuses on participation rather than competition. Each club participant receives an individual tracking device which is used to monitor individual and club progress. The club provides the platform for individuals to challenge themselves to earn individual and club rewards.



Jamie, a 37-year-old former Special Olympics Connecticut athlete, felt too old and tired to continue participating in competitive sports. When the Unified Sports® Fitness Club was introduced, both Jaime and his mother jumped at the opportunity to join. He now walks daily and looks forward to the weekly group walks as he is motivated by the camaraderie.



Andres is a 24-year-old who, due to family and care issues, never participated in or knew about the opportunities Special Olympics Connecticut offers. He joined the Unified Sports® Fitness Club and went to his first Universal Walk at The Gunner (Washington, DC). He is captivated by the movement measuring device and checks it after every activity.

Sponsored by:



Register Your Club Today And Enjoy The Benefits

REGULAR PHYSICAL ACTIVITY

- Weekly or bi-weekly training sessions with your club
- Ongoing health, wellness and fitness resources
- Focus on group motivation
- Access to indoor fitness destinations through **soct.org**
- Unified Sports® partners and athletes working together – **Play Unified!**

LESSONS FOR LIFE

- Nutrition, Fitness and Wellness lessons are part of weekly or bi-weekly training with your club

UNIVERSAL WALKS

- Exciting opportunities for clubs from across the state to come together for organized walks and fitness activities
- Fitness, healthy snacks and learning opportunities for members and families
- Rewards, presentations, activities and FUN!

REWARDS

- Moves and miles tracked with individual accomplishments highlighted and rewarded
- Club rewards and club recognition
- Certificates, pins and motivational rewards for high activity achievers
- ★ Improve personal health and fitness

PIN WALKS ACROSS CONNECTICUT

- Select Unified Sports® Fitness Walks where club members can explore unique locations throughout Connecticut and earn a souvenir pin



SIGN UP OR START YOUR OWN CLUB TODAY:

- www.soct.org/usfc



Special Olympics Connecticut Unified Sports® Fitness Club

Special Olympics Connecticut Unified Sports® Fitness Club brings together people with and without intellectual disabilities, and provides opportunities for regular physical activity to enhance fitness and inspire friendships among participants.

The Club follows the Unified Sports® Recreation Model and focuses on participation rather than competition. Each club participant receives an individual tracking device which is used to monitor individual and club progress. The club provides the platform for individuals to challenge themselves to earn individual and club rewards.



Jamie, a 37-year-old former Special Olympics Connecticut athlete, felt too old and tired to continue participating in competitive sports. When the Unified Sports® Fitness Club was introduced, both Jaime and his mother jumped at the opportunity to join. He now walks daily and looks forward to the weekly group walks as he is motivated by the camaraderie.



Andres is a 24-year-old who, due to family and care issues, never participated in or knew about the opportunities Special Olympics Connecticut offers. He joined the Unified Sports® Fitness Club and went to his first Universal Walk at The Gunner (Washington, DC). He is captivated by the movement measuring device and checks it after every activity.

Sponsored by:



Register Your Club Today And Enjoy The Benefits

REGULAR PHYSICAL ACTIVITY

- Weekly or bi-weekly training sessions with your club
- Ongoing health, wellness and fitness resources
- Focus on group motivation
- Access to indoor fitness destinations through soct.org
- Unified Sports® partners and athletes working together
– **Play Unified!**

LESSONS FOR LIFE

- Nutrition, Fitness and Wellness lessons are part of weekly or bi-weekly training with your club

UNIVERSAL WALKS

- Exciting opportunities for clubs from across the state to come together for organized walks and fitness activities
- Fitness, healthy snacks and learning opportunities for members and families
- Rewards, presentations, activities and FUN!

REWARDS

- Moves and miles tracked with individual accomplishments highlighted and rewarded
- Club rewards and club recognition
- Certificates, pins and motivational rewards for high activity achievers
- ★ Improve personal health and fitness

PIN WALKS ACROSS CONNECTICUT

- Select Unified Sports® Fitness Walks where club members can explore unique locations throughout Connecticut and earn a souvenir pin



SIGN UP OR START YOUR OWN CLUB TODAY:

- www.soct.org/usfc

