

#SODCFIT-5 PROGRAM

The #SODCFIT5 program is a fun fitness program for individuals with and without Intellectual Disabilities, their families, friends and community. This program is based on Special Olympics Internationals **Fit-5 Program**.

Fit-5 is a plan for physical activity, nutrition, and hydration. It can improve athlete's health and fitness to make them the best athlete that they can be.

#SODCFIT5

The program allows individuals to stay fit and maintain a healthy lifestyle by providing a training regimen they can practice at home. These healthy lifestyle choices are based on three goals:

1. Exercise- exercising multiple time a week.
2. Nutrition- applying consistent nutritional goals.
3. Hydration- hydrate by drinking healthy amounts of water each day.

How to implement?

The SODC Fit-5 Program allows everyone to maintain a fit lifestyle while at home. All activities, videos and goals are fun and doable for all levels. Each week of the program athletes are encouraged to record activities showing the improvement of strength, endurance and flexibility. Coaches will determine the pace in which athletes view and perform each video. We encourage you and your athletes to share your videos and/or pictures each week in the SODCFIT5 Facebook group, we will pick the best video/picture for prizes. Make sure to add the hashtag: #SODCFIT5

FIT 5 RESPONSIBILITIES:

- As a coach, take time out of each week's training to discuss physical activity, nutrition, and hydration to your athlete(s).
- Athletes, with help of coach, will track goals each week.
- Coaches will help incentivize athlete participation by helping athletes to submit pictures and/or short video clips of themselves performing exercises for prizes. Make sure to remind athletes to tag #SODCFIT5 to their posts.

FIT 5 PRIZES:

Prize suggestions:

1. Fit-5 Shirts
2. Balls
3. Jump Ropes
4. Athletic Socks
5. Yoga Mats
6. Water Bottles
7. Holla hoops
8. Health food gift cards
9. Exercise equipment
10. Posters
11. ...and more!