



How It Works

REGISTRATION

Participants may join individually, with other traditional Special Olympics athletes and/or with Unified Partners. Athletes can choose home or community based training at local fitness centers, recreation departments or community fitness activities.

INCENTIVES

SOFIT is an incentive based program. Athletes that track goals and submit training logs are eligible to receive incentives such as shirts, gift certificates and achievement medals. Athletes that participate in open community events such as 5k or 10k races are eligible for registration reimbursement.

Setting Goals

Goal setting helps athletes understand their current abilities and also what they want to accomplish.

Example of Athlete Goals:

- I will compete in a 5K run.
- I will run 3 miles without resting.
- I will run 1 mile under 12 minutes.
- I will lose 10 pounds in 12 weeks.

TRAINING & PERFORMANCE

Training and performance logs are provided for athletes to record health status and training progress. Athletes also have the option of utilizing smart-phone apps or online sites such as Nike+, Runtastic or My Fitness Pal for tracking activity. Training logs are required to request incentives (typically every 4 weeks).

TRACKING ACCOMPLISHMENTS

Special Olympics Wisconsin strives to recognize athlete accomplishments. This tracking record provides athletes the opportunity to track and reflect on their accomplishments and reflect upon each *SOFIT* experience.

HEALTH SNAPSHOT

A Health Snapshot will provide a quick health evaluation. It is also used to assist in tracking health changes and reveal health issues. Athletes will provide a Health Snapshot at the start of their training and at its conclusion.



For more information, contact Don Wington at
(608) 828 - 2622, or
DWington@SpecialOlympicsWisconsin.org

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SOFIT

Special Olympics
Wisconsin





What is SOFIT!

SOFIT is a program designed to encourage athletes to participate in year-round wellness initiatives outside of traditional Special Olympics events.

Athletes choose goals based on their abilities and desires. For athletes interested in endurance events, goals can include competing in a 5k run/walk to running a half marathon. In addition, athletes can train and compete in community events with non-disabled Unified Partners, reaping the rewards of success together.

The program also provides opportunities for those athletes that do not want to compete in open events, to set training goals with the aim of achieving greater fitness levels and improving their health.



Get Involved

Below are just a few of the many activities that can be selected in the SOFIT program.

Cardiovascular

Walking/Running
Swimming
Biking
Elliptical/Stair Climb
Dance
Cross-Country
Snowshoe

Yoga

Agility Course
Dynamic Movement
Stretching

Strength

Free Weights
Fitness Equipment
Bodyweight Routines
Fitness Bands
Medicine Ball

Endurance

5k/10k (Walk or Run)
Marathon (half or Full)
Triathlon Relay
Mud Run
Bike Race

Athletes

Athletes may be anyone with or without disabilities that wishes to participate in the SOFIT program. There are no restrictions for registration with this individual or unified based approach to fitness.

Trainer

A SOFIT Trainer/Mentor can be a Special Olympics Wisconsin coach, community trainer, Unified Partner, family member or friend: anyone willing to monitor the athlete's training and help them reach their goals. They will also support the athlete in completing the training and performance log, if necessary. The trainer will agree to certify the athlete's progress and verify incentives and/or reimbursement.

Fit Clubs

Fit Clubs are self-formed groups that are free to develop their own fitness program. Athletes participate in a weekly fitness session that can include cardio activities such as running, walking or biking, or strength based activities such as resistance bands, free weights or yoga. Fit Clubs can be home based or facilitated at a local school or community fitness centers. Progress can be tracked by the coordinator for the whole group.

