



As we continue to navigate the effects of the COVID-19 pandemic on all of our lives, Special Olympics Connecticut (SOCT) is offering athletes a way to stay active, healthy and connected with our Special Olympics community through virtual health and fitness opportunities.

Goals:

- 1) Provide athletes with resources and information on how to stay healthy and active at home;
- 2) Engage athletes with each other through social media and encourage regular communication;
- 3) Provide Local Coordinators, coaches, parents and caregivers with information and resources on a variety of health, fitness and wellness topics;
- 4) Communicate how SOCT is continuing to engage athletes and promote activity in the absence of practice and competitions.

Fit 5 Challenge Facebook Group

FIT 5
GAME ON



This Facebook group is designed to provide athletes with tools to stay active and healthy at home and encourage them to continue training in the absence of practices and competitions.

[Click here to join the SOCTFit5 Facebook group](#)

SOCT will post **daily** health and fitness activities:

- Movement Monday
- Take a Walk Tuesday
- WWE Workout Wednesday
- Thirty-minute Thursday
- Fit Foods Friday
- Strong Minds Saturdays

Health & Wellness Weekly E-Newsletter

SOCT Health & Wellness weekly e-newsletter will provide a recap of health and fitness activities posted on the SOCTFit5 Facebook group and additional health resources. If you would like to be added to the email list, please send your name and email address to caitlind@soct.org.

Stay safe and healthy,

SOCT Health & Wellness Team

