



**Fit Families** is a 6 week fitness program designed to encourage persons with intellectual disabilities and their supporters to focus on a healthier lifestyle.

**THE GOAL** – Get healthy, feel healthy, stay active, have fun and make a lifestyle change together as a team!

**HOW IT WORKS** – The Challenge lasts 6 weeks. Each week, you'll log your exercise and nutrition behaviours on the Health in Action website.

<b>EXERCISE</b>	Engage in 30 minutes of physical activity at least 4x/week
<b>NUTRITION</b>	Eat nutritious, healthy foods regularly
<b>JOURNAL</b>	Share any feedback and progress on your success

## GETTING STARTED

– Visit [step.healthinaction.ca/on](http://step.healthinaction.ca/on) and click on the Fit

Families/Fit Teams button to begin the Challenge

### STEP 1 CREATE OR JOIN A TEAM



Play with friends and family to build the support you'll need to succeed in the Challenge. Each team must contain at least 1 Athlete.

### STEP 2 TAKE YOUR PRE-CHALLENGE MEASUREMENTS



Record the baseline measurements of each team member to provide a starting point. These measurements will be repeated at the end of the challenge to document progress.

### STEP 3 RECORD YOUR PROGRESS



Each week, record the exercise, nutrition and journal entries to stay on track and accountable for your results.

**REWARDS** – All Families/Teams who sign up will receive a Fit Families/Teams t-shirt and water bottle. Those who complete the challenge and all required documents will receive a reward at the end of the Challenge!

**QUESTIONS?** – Contact [pahl@specialolympicsontario.com](mailto:pahl@specialolympicsontario.com) for any questions or inquiries about the Fit Families Challenge! VISIT [step.healthinaction.ca/on](http://step.healthinaction.ca/on) TO GET STARTED TODAY!



## WEEKLY CHECKLIST

### PRE-CHALLENGE

- Complete the Pre-Challenge Fitness Measurements and Qualtrics survey.

### WEEK 1

- Record your physical activity, nutrition and journal entry.

### WEEK 2

- Record your physical activity, nutrition and journal entry.

### WEEK 3

- Record your physical activity, nutrition and journal entry.

### WEEK 4

- Record your physical activity, nutrition and journal entry.

### WEEK 5

- Record your physical activity, nutrition and journal entry.

### WEEK 6

- Record your physical activity, nutrition and journal entry.
- Give yourselves a pat on the back for completing the challenge!

### POST-CHALLENGE

- Complete the Post-Challenge Fitness Measurements and Qualtrics survey.



STAY CONNECTED

Follow us to see what we're up to!



Contact us if you have questions, concerns or feedback at any point in the Challenge. We'd love to hear from you!

[pahl@specialolympicsontario.com](mailto:pahl@specialolympicsontario.com)

<http://www1.specialolympicsontario.com/>