

Unified Fitness Clubs

INTRODUCTION

Special Olympics Unified Fitness Clubs are locally organized fitness-focused groups that will give members a way to exercise year-round. Clubs are formed using the Unified Sports® model, pairing people with and without disabilities. While walking is expected to be the primary activity, clubs will be encouraged to expand the range of activities based on the resources of the community and interest of the group. Clubs earn points by tracking activity data collected from a fitness band, with points accumulated to earn the club and individual members various incentives.



MEMBERSHIP

- Unified Fitness Clubs are organized by co-Directors (one Athlete and one Partner) who register the club with Special Olympics Indiana.
- All club members must be registered as SO Indiana athletes or volunteers, with between 25% and 75% of members being individuals with intellectual disabilities.
 - Athletes must have a completed *Application for Participation Form* on file at SO Indiana. A person with an intellectual disability is not required to be active in Special Olympics sports training to be a members of a Unified Fitness Club.
 - Partners must be a Class A volunteer, completing all requirements. See Page 13 on how to become a Class A volunteer.
- There is no minimum or maximum number of members, but the larger the group the easier it is to match people by ability for training.

PARTICIPATION

- Clubs are expected to organize a group walk (or other activity) at least once per week. Clubs should encourage individual members to be physically active (in a safe environment) outside of club activities.
- Walking is suggested to be the main activity because it is appropriate for all levels of fitness, it does not require a facility or equipment, and it helps participants earn miles quickly. However, other fitness activities can be done in conjunction with walking or instead of walking (hiking, stretching, yoga, Zumba, biking, strength training, etc.).
- Fitness Club activities may occur in conjunction with sports practices, but it must be activity beyond sports training or skill development.
- Clubs are year-round, with weekly exercise and once a month lesson on a health topic (e.g. stretching, hydration, nutrition) as provided by SO Indiana.
- Periodic challenges will be organized to focus training and create intra- and inter-club interaction.
- Regional and state walks will be offered occasionally.
- Photos and success stories are requested for grant reports and general publicity.



ACTIVITY TRAINING

- Steps, miles and moves must be tracked through MOVbands, provided by SO Indiana, or other approved activity trackers.
- Data should be synced and recorded to the SO Indiana platform at least once per week.
- Both athletes and partners should use tracking devices. Devices are not issued until club registration is complete.
- Club members may be asked to provide health metrics (i.e. height, weight, BP, RHR, steps, and lifestyle survey) to help document the positive impact of the program.
- Clubs and participants earn incentives for reaching various levels of activity.

For more information contact: Shadreck Kamwendo at (317) 328-2020 or skamwendo@soindiana.org.

Also visit the SO Indiana website: www.soindiana.org/unified-fitness-clubs/.

MOVband

