

Special Olympics Unified Fitness Clubs are locally organized fitness-focused groups that give members a way to exercise year-round. Clubs are formed using the Unified Sports® model, matching people with and without disabilities (partners). While walking is the most common activity, clubs are encouraged to expand the range of activities based on community resources and interests 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.

For more information: Abbie Ivaldi (317-328-2020) or (aivaldi@soindiana.org)
Website: <http://soindiana.org/unified-fitness-clubs/>

Membership:

1. Unified Fitness Clubs are organized by co-directors (one Athlete and one Partner) who register the club with Special Olympics Indiana. <http://soindiana.org/unified-fitness-clubs/>
2. All club members must be registered as SO Indiana athletes or volunteers, with between 25% and 75% of members being individuals with IDD.
 - Athletes must have a completed [Application for Participation Form](#) on file at SO Indiana. A person with IDD is not required to be active in Special Olympics sports training to be a member of a Unified Fitness Club.
 - Partners must complete requirements for a Class A volunteer. <http://soindiana.org/class-a-volunteer/>
3. 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:

4. Clubs are expected to organize a group walk (or other activity) at least once per week. Clubs also encourage individual members to be physically active (in a safe environment) outside of club activities.
5. 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.).
6. Fitness Club activities may occur in conjunction with sports practice, but it must be activity beyond sports training or skill development.
7. Clubs are year-round, with weekly exercise and once a month lesson on a health topic (e.g. stretching, hydration, nutrition) as provided by Special Olympics Indiana.
8. Periodic “challenges” will be organized to focus training and create intra and inter-club interaction.
9. Regional and state walks will be offered occasionally.
10. Photos and success stories are requested for grant reports and general publicity.

Activity Tracking:

11. Steps/miles/moves must be tracked through SO Indiana-provided MOVbands or other approved activity trackers, with data synced on the Special Olympics Indiana platform weekly.
12. Both athletes and partners should use a tracking device. (Devices not issued until registration is complete.)
13. To help document the impact of the program, club members are **required** to provide health metrics (i.e. height, weight, BP, RHR, steps, and lifestyle survey) before receiving their MOVbands. Club members are expected to provide these health metrics bi-annually to track progress: due one month after receiving devices to measure health metrics AND by June 30th (counts as post data for previous year and pre data for the next year).
14. Clubs and participants earn incentives for reaching various levels of activity.



SPECIAL OLYMPICS
UNIFIED
FITNESS CLUBS
INDIANA



Version 2 Description. Following the wildly successful launch of Unified Fitness Clubs (UFC) in Indiana in 2017, Special Olympics Indiana is modifying the program starting in July 2018 based on feedback received from Club Directors. All clubs and members currently active in a UFC remain as registered members.

1. **Purpose.** Unified Fitness Clubs exist to provide opportunities for Special Olympics athletes, others with intellectual disabilities, and members of the community to engage in regular physical activity that promotes improved health and fitness, better understanding of healthy lifestyles, and friendship.
2. **Registration.** Clubs can register year-round using the online form located at <http://soindiana.org/unified-fitness-clubs/>. Club members eligible for Special Olympics must be registered as a Special Olympics athlete. Unified Partners must be registered as Class A volunteers.
3. **Leadership.** Unified Fitness Clubs activity must be led by one Special Olympics volunteer and one Special Olympics athlete (known as co-directors) who participate in training in how to run a club.
4. **Health Metrics.** *New!* Starting in July 2018, Unified Fitness Clubs will receive devices to assist in collecting important health metrics from the members (height, weight, and blood pressure). Training will be provided in how to use the devices. Information collected will be posted on the fitness platform and will remain confidential. Overall results of health metrics collection will be used to document the impact of regular group exercise within Special Olympics. Club members are required to provide these health metrics bi-annually to track progress.
5. **Fitness Devices (MOVbands).** Each registered Unified Fitness Club member receives a free MOVband 2 for tracking activity. Clubs may choose to upgrade to a MOVband 4 device for \$25.00 each. The **MOVband 4** is a device that is easy to re-charge, syncs wirelessly through a mobile app, and is waterproof. Other fitness devices that sync with the UFC platform includes Fit Bit, Garmin, Jawbone, Apple Health + Apple Watch, Google Fit + Android Wear. Special Olympics Indiana handles: acquisition of MOVband fitness devices, the annual cost of UFC members being part of the tracking platform, and replacement or repair of broken or lost MOVbands. Club members are required to provide health metrics (#4) before receiving their MOVbands (new or upgrade).



MOVband 4

6. Incentives

- a. **Individual** members receive a special **Unified Fitness Club medal** once they reach the **500** mile plateau of miles walked or ran as recorded through their device.
- b. Individuals receive a **reward pin** when they reach 100, 250, 750, 1000 and one pin for every 500 miles achieved after until 3000 miles, then one pin for every 1000 miles achieved after.
- c. Any Unified Fitness Club member who reaches 10,000 miles will be declared a **Grand Champion** and is recognized at a Special Olympics Indiana event and in the State Office.
- d. **Clubs** can earn incentives through participation in Club Challenges that are offered at least 4 times a year. These challenges may last for a week, or an entire quarter of the year and result in the club or all its members receiving a valuable prize.
- e. Individuals/Clubs are eligible for incentives only if they collect all member health metrics (#4).
- f. From time to time universal events will be held (e.g. 5K Walk/Run or Nature Walk) where all participants receive a specially-designed pin.



7. **Active Participation.** Any club or member who is inactive for 6 months will be moved to “inactive status” and must return MOVbands to the co-directors of the club. If they wish to participate after 6 months of inactivity, they must re-register. Clubs are responsible for reimbursing SO Indiana for any unused and unreturned Movbands.
8. **Miles Walked/Ran.** All activity recorded will restart on an annual basis (July 1).

**CURRENT ACTIVE
UNIFIED FITNESS
CLUBS
June 2018**

Adams – Wells County
Bartholomew-Brown-Jennings Co.
Benton County
Clinton County
Decatur County
Dubois County
Elkhart County
Franklin County
Fulton County
Gibson County
Happiness Bag - Vigo County
IU Bloomington-Monroe County
Jacobs Village
Johnson County Group Home
Johnson County
Kosciusko County
Marion County NE
Marshall-Starke County
Merici Walking Club
Mishawaka Schools
Montgomery-Parke County
Porter County
Posey County
Ripley-Ohio-Dearborn 1
Ripley-Ohio-Dearborn 2
Scott County
Shelby County
St Joe County
Sycamore Services-Morgan County
Tippecanoe County
Turnstone-Fort Wayne
Vanderburgh County
Washington County
Washington Township
White County