



# Unified Fitness Clubs

## INTRODUCTION

**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.

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Website: <http://soindiana.org/unified-fitness-clubs/>



**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.

**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.

**Leadership.** Unified Fitness Clubs activity must be led by one Special Olympics athlete and one Special Olympics volunteer (known as co-directors) who participate in training in how to run a club.

**Fitness Devices (MovBands).** Each registered Unified Fitness Club member receives a free Movband2 for tracking activity. Clubs may choose to upgrade to a Movband4 device for \$25.00 each. The **MovBand4** is a device that is easy to re-charge, syncs wirelessly through a mobile app, and is waterproof. There are some other brands of fitness devices (Fit Bit) that sync with the HealthSpective (Engage) platform. Special Olympics Indiana handles:



- acquisition of Movband fitness devices
- the annual cost of UFC members being part of the tracking platform
- replacement or repair of broken or lost devices

## Incentives.

- 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.
- Individuals then receive a **reward pin** when they reach 1,000, 1,500, 2,000, 2,500, 3,000 and 4,000 mile plateau achieved afterwards (4,000 through 9,000).
- 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.
- Clubs** can earn incentives through participation in Club Challenges that are offered at least four (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.
- Clubs are eligible for incentives only if they collect member health metrics.

**Active Participation.** Any club or member who is inactive for six (6) months will be moved to “inactive status” and must re-register to participate. Any member inactive for one (1) year will result in removal from the HealthSpective (Engage) tracking platform.

**Miles Walked/Ran.** All activity recorded since the start of the program (2017) accumulates for members of Unified Fitness Club members. Club incentives for miles walked/ran concluded as of April 15, 2018. Club incentives going forward will be based on quarterly challenges only.

**Health Metrics.** 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 used for grant reporting purposes and will remain confidential. Overall results of health metrics collection will be used to document the impact of regular group exercise within Special Olympics.

# Unified Fitness Clubs



## Membership:

- 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/>
- 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.
- 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 also encourage individual members to be physically active (in 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 practice, 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 Special Olympics Indiana.
- Periodic “challenges” will be organized to focus training and create intra and inter-club interaction.
- Health metrics, photos, and success stories are requested for grant reports and general publicity.

## Active Unified Fitness Clubs (as of January 2020)

Adams-Wells Co.	East Noble High School	Madison County	Steuben County
Allen County	East Noble Middle School	Marion Co. - NE	Sycamore Services
Area 9 Management Team	Gibson County	Mishawaka Young Adult Services	Tippecanoe County
Benton County	Hamilton County	Montgomery-Parke Co.	Turnstone (Allen County)
Boone County	Henry County	Noble County	Vanderburgh County
Cass County	Howard County	Porter County	Vigo County
Clark-Floyd Co.	Huntington County	Posey County	Washington County
Clinton County	Jackson County	Putnam County	Washington Township
Decatur County	Jay County	Shelby County	Wayne County
Delaware County	Johnson County	Spencer County	White County
Dubois County	Kosciusko County	St. Joseph County	

## Activity Tracking:

- Steps/miles/moves must be tracked through SO Indiana-provided Movbands or other approved activity trackers, with data synced on the HealthSpective (Engage) platform weekly.
- Both athletes and partners should use a tracking device (**devices not issued until registration is complete**).
- To help document the impact of the program, club members are expected to provide health metrics (i.e. height, weight, BP, RHR, steps, and lifestyle survey) two or three times a year.
- Clubs and participants earn incentives for reaching various levels of activity.



# FINISH LINE™

## SHOE CHALLENGE

# We Want **ATHLETES** to Walk 1 Million Steps!



SPECIAL OLYMPICS  
**UNIFIED**  
FITNESS CLUBS  
INDIANA



## Walk 6,500+ steps a day from January 1 to May 31, 2020

### In Order for an Athletes to Earn a Pair of Shoes from Finish Line:

- Current Athlete Application for Participation and Athlete Medical on file
- Attend the 2020 Summer Games and be a registered Unified Fitness Club member. Summer Games is the **ONLY** distribution time to earn shoes from Finish Line. Shoe distribution is no longer contingent on Healthy Athletes screenings.
- Athletes using wheelchairs are eligible. Contact State Office for details.
- Wear and sync a fitness tracking device through Engage.
- UFC Club must be compliant with Roster Form, Health Metrics, and Lifestyle Surveys.

### Attending UFC Meetings:

- Attend your local Unified Fitness Club meeting once a week and earn 15,000 steps each meeting.
- Unified Fitness Club Directors will submit monthly attendance sheets by the 15th of the next month.
- Limit one bonus per week adding to 15,000 steps weekly for each week of attendance that's submitted.

### Bonus Challenges:

Special Olympics Indiana will create bonus challenges and others may be added as well.

- February will be 30,000 steps for perfect attendance.
- March will be double steps month.
- April will be triple steps month.

### How to Get Involved OR Start a Unified Fitness Club:

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Example of How to Progress Steps to Reach 1 Million Steps:					
	# steps/ day	# of days	Total steps	Meetings/ month	Bonus Steps
February	5500	28	154,000	4	60000
March	6500	31	201,500	4	60000
April	8000	30	240,000	4	60000
May	9500	31	294,500	4	60000
Sub Total			890,000		240000
<b>Grand Total with Bonus Steps:</b>					<b>1,130,000</b>