



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.

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

GETTING STARTED – Visit program.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 (height, weight, blood pressure and others) 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 for any questions or inquiries about the Fit Families Challenge! VISIT program.healthinaction.ca/on TO GET STARTED TODAY!



WEEKLY CHECKLIST

PRE-CHALLENGE

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

**Recording blood pressure:

Challenge Coordinators: Unless you are a health care professional and know how to use a blood pressure cuff (or know someone who does), we recommend that you and your members to visit your local drug store and to use their blood pressure machine to obtain the most accurate result. You can also use an automatic blood pressure machine that you may have at home. **Please follow the instructions that are provided with the blood pressure machine that you and your team/family members use.** The number reading on the top is your Systolic Blood Pressure (It is a measure of blood pressure during a contraction of the heart). The number on the bottom is your Diastolic Blood Pressure Reading (it is a measure of blood pressure when the heart is relaxed, between heart beats).

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!

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