



Take the Health Pledge

You and your athletes work hard to perform your best. Take it to the next level by taking the Health Pledge and committing to three basic healthy habits at your practices!

How to take the Health Pledge:

- 1. Opt In** – check the Health Pledge check box when registering for a competition. No follow up forms, scores or extra work is needed. Just opt in and let us know you're participating!
- 2. Get to work promoting health at your practices by following three basic guidelines from FIT5**



Exercise at each practice.



Healthy snacks only at practice.



Water only at practice.

Why you should take the Health Pledge:

No Registration or additional paperwork is needed! – Simply let us know you are taking the Health Pledge to promote exercise, water only practices and healthy snack options by checking the Health Pledge check box when you register for a competition.

Become a Champion Delegation! – When you take the Health Pledge it gets you one step closer to becoming a [Champion Delegation](#), a cool new program that recognizes outstanding delegations with extra funding!

Improve the health and fitness of your athletes! People with intellectual disabilities typically have higher health risks. You can help improve quality of life and create lasting health habits for your athletes!

Questions?
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