



SCHOOL SOFIT PROGRAM

Promoting healthier lives

What is SOFit?

SOFit is an 8-10 week program with weekly 60-90 minute lessons that pairs Special Olympic athletes with Unified partners to explore the four pillars of SOFit:

- Emotional Wellness
- Social Wellness
- Physical Wellness
- Nutritional Wellness

The comprehensive SOFit curriculum covers all main areas of health and wellness by breaking down each of the four pillars into straightforward, fun lessons. Topics include fitness, healthy cooking and grocery shopping, mindful beverage choices, social media and more. [**Learn more about SOFit here!**](#)

The primary goal of SOFit is to guide, educate and encourage athletes and Unified partners to live healthier lives.

How will SOFit impact my school?

When partnered with our Unified Champion School program, SOFit promotes leadership, partnership, understanding and cooperation between athletes and Unified partners. By implementing SOFit into your school, students will learn about living healthy, holistic lives!

Reach out to your UCS Contact to learn more about implementing SOFit at your school!

**Special
Olympics**
Minnesota



Special Olympics
**Unified Champion
Schools**