

# SOFitNow Information Package & User Guide for Teachers

## Introduction

Welcome to the SOFitNow program! This guide is designed to help you understand the goals of the program, how to use the SOFitNow app, and how to effectively manage and support your athletes. This program is tailored to help Special Olympics athletes improve their physical health, social well-being, and emotional well-being through engaging challenges and personalized tracking.

## Program Goals

The SOFitNow program aims to achieve the following goals:

### **Physical Health Outcomes**

- **Nutrition:** Athletes will consciously eat and drink more nutritiously, positively impacting their physical well-being.
- **Health Improvements:** Athletes will experience improvements in their physical health, whether in specific health conditions or overall physical fitness.
- **Active Lifestyles:** Athletes will participate in more sports, exercise more, and generally lead more active lifestyles.

### **Social and Emotional Well-being**

- **Social Skills:** Athletes will improve their social and interpersonal skills.

## What Health Information is in the App?

The content and activities in the app are reflective of Special Olympics International's Fit5 program. The Fit5 program is designed to help Special Olympics athletes make healthy lifestyle changes by emphasizing the importance of physical activity, nutrition, and hydration. The Fit5 program encourages athletes to:

- Complete and track their fitness goals for a 6-8 week period.
- Engage in at least 30 minutes of physical activity each week.
- Consume at least 5 servings of fruits and vegetables per day.

- Drink enough water to stay hydrated.

## **Account Creation and Management**

As a teacher or coach, you can create and manage accounts for multiple athletes using your email address. Follow these steps to set up the accounts:

1. **User Registration:**
  - Provide your email address to create new accounts for the athletes under your direction.
  - Use the provided form and email it to the Support Team at [support@konnected.ca](mailto:support@konnected.ca).
2. **Account Activation:**
  - You will receive a welcome email with instructions for activating the accounts for each athlete.
  - All submissions will be processed on the first of the month (or the next business day).
  - The Support Team will notify you via email when the new accounts have been created.

## **Challenges (Competitions)**

The SOFitNow program includes a variety of challenges to keep athletes engaged and motivated. Here are some of the key challenges:

### **Step Challenges**

- ***Around the World:***
  - Participants track their activity and take a virtual journey around the world.
  - Converts daily activity into points and miles for an epic virtual journey.
  - Visit the Seven Wonders of the World and other Natural, Modern, and Architectural Wonders.
  - Available as a 6 or 8-week challenge.

### **Fit5 Challenges**

- ***Fit5 Challenge:***

- Track physical activity, fruit, vegetable, and water intake using the Fit5 trackers.
- Goals increase weekly, starting with 30 minutes of physical activity, 1 serving of fruit and vegetables, and 1 bottle of water daily.
- Weekly health tips and lessons included.
- Available as a 6 or 8-week challenge.
- ***Fit5 + Strong Minds:***
  - Similar to the Fit5 Challenge but includes additional Strong Minds (mental health) activities.

## **Nutrition Challenges**

- ***Eat the Rainbow:***
  - Encourage athletes to eat a variety of fruits and vegetables.
  - Aim to eat at least 5 servings per day.
  - Drag and drop fruits and vegetables onto a virtual plate to track progress.
  - Available as a 6 or 8-week challenge.

## **Using the SOFitNow App**

To get started with the SOFitNow app:

1. **Download the App:** Ensure all athletes have the SOFitNow app installed on their devices.
2. **Log In:** Use the credentials provided during the account creation process.
3. **Set Up Profiles:** Help athletes set up their profiles and input their health and fitness goals.
4. **Track Progress:** Encourage athletes to regularly update their progress and participate in the challenges.
5. **Provide Support:** Offer guidance and support to athletes as they work towards their goals.

## **Best Practices**

- **Regular Check-ins:** Schedule regular check-ins with athletes to discuss their progress and address any challenges they may face.
- **Encouragement and Motivation:** Provide positive reinforcement and motivate athletes to stay committed to their fitness goals.
- **Community Building:** Foster a sense of community among athletes by organizing group activities and encouraging social interactions.

## **Conclusion**

The SOFitNow app program is a fantastic way to help Special Olympics athletes achieve their fitness and well-being goals. By following this guide, you can effectively support and manage your athletes, ensuring they make the most out of this program. Let's work together to create a healthier, more inclusive, and active community!

For any additional support or questions, please contact Brock Reissner, Manager of Health & Research at [brockr@specialolympicsontario.com](mailto:brockr@specialolympicsontario.com)