## **SOFitNow Fitness App: Empowering Inclusive Wellness in Schools**

### ****What Is It?****

The **SOFitNow Fitness App** is a free, inclusive digital tool designed to support students with intellectual and developmental disabilities (IDD) in building healthy habits through guided fitness, nutrition, and hydration activities. It’s part of Special Olympics Ontario’s commitment to holistic health and wellness.

### ****Why Use It?****

* **Inclusive & Accessible**: Activities are tailored for all ability levels, making it ideal for classrooms, gyms, or home use.
* **Curriculum-Aligned**: Supports Ontario’s Health & Physical Education strands—Active Living, Movement Competence, Healthy Living, and Socio-Emotional Learning.
* **Engaging & Motivating**: Includes fun challenges like “Step Around the World” and Fit5 tracking for physical activity, fruit/vegetable intake, and hydration.
* **Social Connection**: Encourages group participation and peer interaction.
* **Teacher-Friendly**: Educators can manage multiple student accounts and track progress easily.

### ****How to Use It****

1. **Register Your Class**: Teachers can create accounts for students by submitting a registration form to the SOFitNow support team.
2. **Activate Accounts**: Receive login details and start using the app with your students.
3. **Track & Celebrate**: Use built-in trackers to monitor progress and celebrate achievements.
4. **Join Challenges**: Participate in themed challenges that promote movement, nutrition, and hydration.
5. **Integrate into Daily Routines**: Use the app during PE classes, wellness breaks, or as part of school-wide health initiatives.

### ****Get Started****

📥 [Download the SOFitNow Teacher Guide](https://www1.specialolympicsontario.com/schools/wp-content/uploads/sites/11/2024/10/SOFitNow-Information-Package-and-User-Guide-for-Teachers-1.pdf)  
📧 Register your class: support@konnected.ca  
🌐 Learn more: [Special Olympics Ontario Health Programs](https://www1.specialolympicsontario.com/schools/)