

2018 USA Games Fitness Challenge

Staying active, eating healthy, and drinking water every day are an important part of training for your sport, and can help you achieve your personal best. Special Olympics wants to help you focus on fitness as you train for your big competition this summer!

Special Olympics challenges you to complete a total of **1 million steps** before USA Games.

That's like walking the distance from the 2009 site of World Winter Games in Boise, Idaho to this year's site of USA Games in Seattle, Washington!

Sound challenging? 1 million steps is about *7,000 steps per day*. Through training and a focus on every day physical activity.

YOU CAN DO IT!



Challenge Dates: February 1, 2018 – June 30, 2018

Tracking Your Steps:



All participants (athletes, Unified partners, coaches and delegates) will receive a Movband fitness tracker to track their daily steps. The following alternative brands can also be used: Fitbit, Garmin, Jawbone, MisFit, Apple Watch, Android Wear. Your Special Olympics Program will provide you with instructions on how to join the challenge in the next few weeks.

Awards:

Bronze

All active participants* receive a Special Olympics fitness pin

Silver

All participants who reach 1 million steps will receive a Special Olympics water bottle

Gold

All participants who reach 1.5 million steps will receive a Special Olympics fitness t-shirt

Top Performers:

- Top 100 athletes, 30 partners, and 20 coaches with *highest total step count* will receive an additional award.
- Special Olympics Delegation with *highest average step count per participant* will also receive an additional award.

*active participation is defined by having no more than 15 days in the 5 month period where fitness tracker records zero steps