

HEALTH EDUCATION

Health education builds knowledge, skills, and positive attitudes about health. Special Olympics Arizona's health education programs teach both Athletes and partners about physical, nutritional, emotional, and social well-being while providing them with the tools necessary to lead happier and healthier lives.

HEALTHY LEAP INTO FITNESS

Since the implementation of Special Olympics Arizona's original health promotion and education program, Healthy LEAP: Lifestyle, Education and Practice, SOAZ discovered the program was missing practical manners of implementing fitness into everyday routines. In 2018, SOAZ re-launched the curriculum to include a fitness portion adapted for all levels! Adopted from Special Olympics Minnesota's SOfit program, Healthy LEAP into Fitness (HLIF) includes a chapter dedicated to educating Athletes and partners on how to maintain a healthy lifestyle through increased physical activity and improved daily nutrition. The Healthy LEAP into Fitness program allows SOAZ Athletes and partners to experience heightened social engagement and better emotional well-being as a byproduct of the inclusive and unified nature of this program.

The program is modeled to include health education, class activities, and group workouts provided from UpFitNFun.com! Designed to be taught in an eight week format either as a team at practice or as a health promotion class, HLIF focuses on four pillars of health: emotional, nutritional, physical, and social that are each comprised of three lessons. Participating coaches are given a Coach's Manual with complete health lessons and tools and every participant receives a Playbook where they are able to take notes and set personal goals.

In 2018, SOAZ piloted the HLIF curriculum in 5 Unified Champion High Schools and because of its great success, HLIF was adapted and piloted at the Young Athletes (ages 2-8) and elementary and middle school level in the fall of 2019. This year, HLIF will be available at all three levels: Young Athletes, elementary and middle school, and High School and community. Programs will be given all necessary materials and support from SOAZ staff to successfully implement this exciting and inclusive health education program!



For More Information:

Contact Gianna Zola

Health Programs Coordinator

gianna@specialolympicsarizona.org