

## Fitness Challenge Q&A

Q: Do I need a workbook to Participate?

A: No. All documents will be available on our Health & Wellness FB group as well as our website. Forms will be fillable.

Q: Is there a cost to participate?

A: No. This is a free challenge.

Q: What if I cannot start on the designated start date?

A: That is fine. The activities are designed so they can be done at home at your own pace. In order to build community we do have a start date so we can be competing “together,” but staying with our dates is not a requirement. The workbooks are meant to be easy to implement at home, self-paced.

Q: How do I get the challenge prizes?

A: Prizes will be awarded for demonstrating active participation in the challenge. You will do this by submitting the trackers and Lifestyle Survey. Trackers can be submitted by posting on the thread on the Facebook group, by mailing them in to the SONM office, or by email to [victoria@sonm.org](mailto:victoria@sonm.org). If you are having trouble submitting your form you can ask your SONM coach to help.

Q: Can my staff/ caregiver participate?

A: Yes! We encourage all athletes, and their support systems to participate! It is always easiest to get healthier if we do it together.

Q: I'm in the middle of my sport season. Can I still participate if I am on a team that will be competing at Area and State games this season?

A: Yes, in fact this challenge will help you be a better athlete this season. The purpose of the challenges are to encourage athletes to be active in between practices and to learn new ways to live healthier lives.

Q: My friend/roommate doesn't participate in Special Olympics. Can s/he participate in the challenge.

A: Yes! We encourage all to participate and work towards being healthier! There is a waiver for those that do not have active SONM medicals, it can be found on our website.