



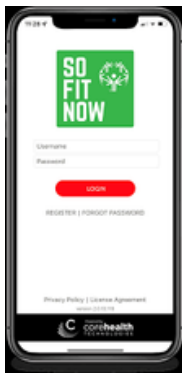
SONM Fit 5 + Strong Minds Challenge

Our next Challenge starts this Sunday, November 12th!

For this Challenge we are going back to basics and making it easier than ever using the SOFit Now app! We are going to do a Fit 5 + Strong Minds Challenge where we track our daily activity, hydration, nutrition, and work in some Strong Minds Exercises.

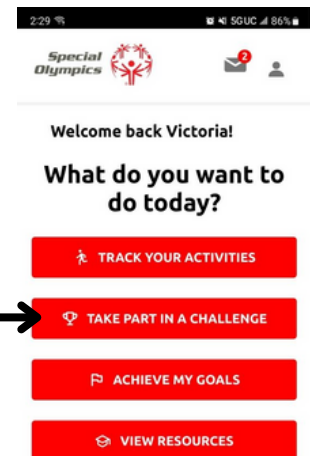
The challenge starts out slow with easy to reach goals so it is attainable for everyone!

Follow these steps to get started in the app and be ready for the new challenge!



Download the SOFit Now app or log in on your tablet or computer.

<https://sofitnow.specialolympics.org/>



Click on take part in a challenge



Choose Fit 5 Challenge + Strong Minds. Make sure it is the right start date!