

Special Olympics New Mexico HEALTH PROMOTION



Health Promotion uses interactive educational tools and displays, motivational literature and demonstrations to heighten the awareness of athletes, reinforcing the need to improve and maintain an enhanced level of wellness and self-care.

When

Holiday Classic

Saturday, Nov 16th, 2024

9:30 a.m. – 2:30 p.m.

Where

Las Cruces Convention Center

680 E University Ave

Las Cruces, NM 88001

Contacts

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Special Olympics New Mexico (SONM) offers Health Promotion, events that are focused on improving long-term health outcomes for SONM athletes by giving them the information, encouragement and the facilities they need to sustain physical fitness and healthy lifestyle choices. Through Health Promotion events, SONM aims to improve the quality of life and self-image of athletes by providing them with knowledge and tools to make better decisions about their health and well-being.

Volunteers are needed to assist with athlete in-take as well as day-of health screenings including BMI and blood pressure. All volunteers will receive training, a free t-shirt and lunch!

Objectives

- Improve long-term health outcomes for Special Olympics athletes by giving them the information, encouragement and facilities they need to sustain physical fitness and healthy lifestyle choices.
- Improve the quality of life and self-image of athletes.
- Provide the athletes the means by which they can work to better their own health and well-being.
- Allow more people with intellectual disabilities to participate in Special Olympics and to retain those athletes who are currently active.

