



Health & Wellness in Schools

Using a unique combination of intentionally planned and implemented activities, adding health and wellness as a part of the Unified Champion Schools program has the capacity to promote social inclusion and lifelong healthy behaviors within the student body and broader school community.



Special Olympics

Healthy Athletes

Healthy Athletes facilitates health screenings, health promotion and education.

Passport to Health

The [Passport to Health](#) is an interactive resource guide full of health tips, lessons, activities, and vital health information. Use as a complete kit or choose one area of health to focus on. Check off boxes as tasks are completed on your way to becoming the healthiest version of yourself!

Educational Resources

Visit the [Healthy Athletes Educational Resources](#) website to find additional tools including videos, posters, helpful guides and more!

Special Olympics

Fitness

Fitness is the state of optimal health and performance through adequate physical activity, nutrition, and hydration. In order for our athletes to be fit, they must practice healthy habits year-round and lifelong.

Fit 5

[Fit 5 Resources Series](#): The Fit 5 Guide, Fitness Cards, and Fitness videos have been valuable resources for Programs looking to expand their fitness programming and initiatives.

High 5 for Fitness

[High 5 for Fitness](#) is a set of resources for youth ages 8 – 21 to help you take control of your own fitness by making healthy choices. Being fit means that you eat well, drink plenty of water, and move a lot every day. Fit kids feel good and have lots of energy because their bodies are strong and healthy.

Walking Club

Being active is the secret to staying healthy, and walking is one of the easiest ways to get moving. Use our [How to Start a Walking Club](#) guide to add exercise into your day and build stronger relationships with friends and family.

Special Olympics

Strong Minds

Strong Minds helps athletes develop active strategies for maintaining emotional wellness such as thinking positive thoughts and practicing calming routines.

Activity Cards & Meditation

Using the [Strong Minds Activity Cards](#) can increase awareness of active coping strategies that can be used in competition and day to day life situations. Practice [Mindful Meditations](#) and use deep breathing as a tool to help yourself feel better when nervous or stressed.