



Online Resources

Below are some resources and activities that have been developed specifically for adults with intellectual disabilities and their support network. We welcome your feedback so we can understand what resources are most useful in PEI!

Fit 5 Activity Guide



This program developed by Special Olympics International, promotes 5 glasses of water a day, 5 fruits and vegetables per day and exercising 5 days a week. In this package you should have received a coil Fit 5 book. In the back of this book is a tracking tool to help athletes with the Fit 5 goals. There are also activity cards and videos to help athlete's complete exercises that range from Level 1 to Level 5 in endurance, strength, flexibility and balance. The video examples of the exercises can be found here:

<https://resources.specialolympics.org/health/fitness/fit-5>

To receive a set of cards with the activities for any participants, please contact the SOPEI office.

SOPEI Athlete Social Hour

On the first Thursday of every month at 10am, SOPEI staff host a one-hour zoom session for athletes to join and connect with other athletes. During some of these sessions, we will try to add a health promotion topic when possible.

SOfit Wellness

Developed by Special Olympics Minnesota, SOfit offers individuals with and without intellectual disabilities a journey toward improved health through comprehensive wellness education and regular physical activity. Participants leave each session with the knowledge and skills to make healthy lifestyle choices. This is intended to be an 8-week comprehensive wellness program for individuals of all abilities to learn, discuss and practice wellness.

[SOfit manual](#)

Special Olympics PEI

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Healthy at home

On this page you can find resources, tips and ideas to stay healthy from home. It was developed together with the Special Olympics Canada chapters. There are four areas of information – Connected, Active, Positive and Informed. There is also a monthly challenge calendar with links to YouTube videos, as well as a virtual calendar that shares about all the Special Olympics online programs happening across North America!

<https://sohealthyathome.ca/>

School of Strength



School of Strength introduces a whole new way to exercise, featuring WWE Superstar Becky Lynch. Work out with the videos on the School of Strength website five times a week to help you stay fit and reach your athletic goals. Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one. [Videos](#) | [Fitness Tracker](#)

Sobeys Nutrition Corner for SO Athletes

Sobeys Inc. (Sobeys) has been a proud partner of Special Olympics in Canada since 2016. Sobeys knows the difference that nutrition education can make in fueling healthy bodies and healthy minds. This is why Sobeys is making more nutrition information and resources available for Special Olympics athletes, coaches, volunteers and families/caregivers.

<https://nutritionguide.specialolympics.ca/sobeys-nutrition-corner>

Healthy Athlete Education Sessions LIVE

With COVID restrictions our Healthy Athlete Screenings cannot be hosted in conjunction with a sport event, or in-person with the required face-to-face contact. To keep these important information sessions, Special Olympics International has modified the delivery so almost all disciplines can be offered online as education and assessment sessions. Sessions will require that they have a support worker/caregiver online with them to make sure all the information is being captured properly.

Strong Minds

Please contact the office (902-368-8919) or email to register for one of the dates and time:



Tuesday, Jan. 26, 2021 at 10am

Monday, Feb 1, 2021 at 6:30pm