

Special Olympics
Healthy Athletes[®]



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What is Healthy Athletes?

- The mission of Special Olympics Healthy Athletes is to improve athletes' ability to train and compete in Special Olympics. Healthy Athletes is designed to help Special Olympics athletes improve their health and fitness, leading to enhanced sports experience and improved well being.
- During a Special Olympics Healthy Athletes event, Special Olympics athletes receive a variety of health screenings and services in a series of clinics conducted in a welcoming, fun environment. Volunteer health care professionals and students are trained to provide the screenings in an effort to educate the professional community about the health needs and abilities of persons with intellectual and developmental disabilities.

What disciplines does SOOH offer?

Opportunities

- Fit Feet
- FUNfitness
- Health Promotion
- Healthy Hearing
- MedFest
- Opening Eyes
- Special Smiles
- Strong Minds

Current Offerings

- FUNfitness
- Healthy Hearing
- Opening Eyes
- Special Smiles



Healthy
Hearing



FUN
Fitness



Opening
Eyes



Special
Smiles

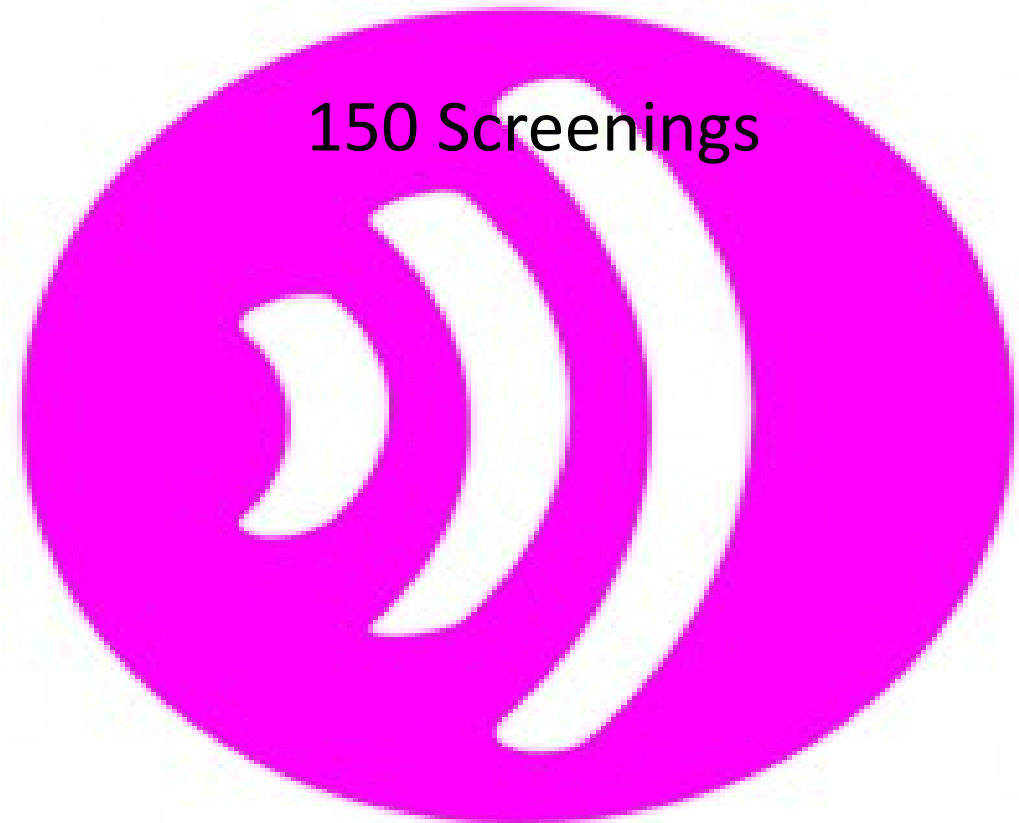
FunFitness

FUNfitness screenings are designed to identify needs, help athletes improve flexibility, strength, balance and aerobic condition, as well as educate athletes, coaches and their families on the importance of these aspects of health. In addition, the screening provides a hands-on opportunity for athletes to learn appropriate exercises from physical therapy professionals. FUNfitness is the result of an established professional relationship between American Physical Therapy Association (APTA) and Special Olympics, Inc.



Healthy Hearing

Healthy Hearing screenings are free exams designed to ensure proper audiological care for participating Special Olympics athletes. Led by volunteer professionals, Healthy Hearing also provides tests for cerumen (ear wax) and otoacoustic emissions tests. The amount of hearing loss among Special Olympics athletes is much greater than that found in the general population. Most athletes' hearing problems are previously undetected, un-served or under-treated.



Opening Eyes

The mission of Special Olympics – Lions Clubs International Opening Eyes[®] is to improve the quality of life for the millions of individuals diagnosed with intellectual disabilities by optimizing their vision, eye health and visual skills through quality eye care.



Special Smiles



400 screened

Special Smiles[®] is one of the core components of the Special Olympics Healthy Athletes initiative, created to focus attention on the overall health issues facing Special Olympics athletes. The mission of Special Smiles[®] is to increase access to dental care for Special Olympics athletes, as well as all people with intellectual disabilities.

What does the future look like?

- Healthy Community
 - Changing the Games
 - Partnerships

- More Disciplines
 - Strong Minds
 - Health Promotion
 - Med Fest

Questions?

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