Special Olympics

SONA Move Challenge

September 13 - November 7

Special Olympics North America presents the SONA Move Challenge: **an 8-week movement challenge to see how many minutes of exercise participants can complete each week.**

Participants can compete as:

- an Individual (Special Olympics athletes only)
- Doubles (traditional or Unified)
- a Team (traditional or Unified, 3-10 people total)
- a College Team (Unified, 3-10 people total)
- Unified teams must be at least 25% athletes and 25% Unified partners.

Registration: August 1 - September 5.

After you register, you:

- keep track of how many minutes you exercise (Monday-Sunday)
- report your minutes of exercise every Monday through the survey
- show up on the Region-wide leaderboards for the different participant groups (Athlete leaderboard, Doubles leaderboard, Teams leaderboard and College leaderboard)!

Learn more and register: https://tinyurl.com/SONAMoveFall2021

#SONAMove