

BACK AND BETTER THAN EVER BEFORE!



Once just a daily video workout series, **Commit to Fit** returns as an overarching campaign for the four fitness and training opportunities that Special Olympics Pennsylvania (SOPA) athletes can participate in this season and beyond.

SONA Stride Challenge **Oct. 19 to Dec. 13**

The Special Olympics North America (SONA) Stride Challenge is a great way to get active this fall! Keep track of how many miles or kilometers you walk, run or roll in your wheelchair over the course of eight (8) weeks. Open to all SOPA athletes to register as an individual or part of a Unified pair. Family, friends and supporters can participate as a Unified partner teamed up with a SOPA athlete. Registration opens Oct. 7th.



Fitness Heptathlon **Nov. 15 to Feb. 25**

The Fitness Heptathlon provides SOPA athletes with an opportunity to compete in a sequence of seven (7) different fitness exercises and measure overall performance levels. Participants are offered a wide range of exercises best suited for their individual needs and interests in the following events: single (1 athlete), doubles (2 athletes), Unified Pairs (1 athlete, 1 partner), teams (4 athletes), and Unified teams (2 athletes, 2 partners). Registration opens Nov. 1st.



At-Home Training **Fall Training: Now until Nov. 8** **Winter Training: Dec. 1 to March 7**


Safe at-home Fall Sport-Specific activities facilitated by a Class A Coach



In-Person Training **Fall Training: Now until Nov. 8** **Winter Training: Dec. 1 to March 7**

Safe in-person Fall Sport-Specific activities facilitated by a Class A Coach at select training sites.



Athletes are encouraged to ask their coach or local program about what fitness and training opportunities are available within their region. Visit our website at specialolympicspa.org/commit-to-fit to learn more about Commit to Fit and be **Active in a New Era** 

**Special
Olympics**
Pennsylvania

