

let's get **PHYSICAL**

PHYSICAL ACTIVITY AND OBESITY RATES

We all know how important physical activity is in playing a role in overall health. It is recommended that we participate in daily physical activity of 30 minutes or more of moderate intensity, preferably 7 days of the week.

A recent report indicates that only 13.5% of adults with an intellectual and developmental disability (IDD) meet the recommended daily physical activity levels and 50% report over 4 hours of daily screen time. This is compared to 30.8% of the general population meet the recommended daily physical activity.

Increasing efforts to reduce obesity can have a meaningful impact on life expectancy and overall quality of life.

WAYS WE ALL CAN HELP

- Seeking resources in the community for engagement in daily physical activity;
- Educating all on the need and benefits of daily physical activities;
- Encouraging and providing suitable opportunities for daily physical activity;
- Leading the way and be a positive role model by encouraging group physical activities in your daily life;
- Joining Special Olympics British Columbia (SOBC)

CLUB FIT - [Learn How to Get Involved](#)

[Club Fit](#) is a weekly group fitness program specifically designed for Special Olympics BC athletes that typically runs from September through April. Club Fit coaches teach SOBC athletes physical literacy and foundational exercise skills that will help them develop their abilities and enable them to practice these skills in their daily life. Volunteer coaches also share valuable health education and resources with athletes on a variety of different topics.

"Club Fit has helped me by providing cardio, endurance, and other types of workout. They also teach you about the importance of nutrition."

SOBC – Vancouver Health Messenger and Club Fit participant Alexander Pang

[Fit Families & Friends](#) is a weekly fitness program designed to run through the summer months (May-August) to keep SOBC athletes active during the off-season of most SOBC sports programs. Unlike other SOBC programs, Fit Families and Friends invites both individuals with IDD AND their families and friends to participate together with the shared goal of staying active. By encouraging the families and friends to get involved, SOBC hopes to improve the overall fitness of everyone involved and make it easier to implement and replicate at home.



Lisa working out at the gym

The overall goal of both Club Fit and Fit Families and Friends is to provide an opportunity for athletes to practice and improve their health and fitness. By offering these two programs at offsetting times, SOBC ensures that athletes will have a weekly opportunity to stay active and work towards meeting physical activity guidelines. SOBC's goal is to have a Club Fit and a Fit Families and Friends program running in every SOBC community across the province, but we need your help to do so.

Please contact health@specialolympics.bc.ca if you or someone you know would like to get involved.



Gerene gets a Bronze Medal in Bowling at the Special Olympics

Sources:
[Factors associated with meeting physical activity guidelines by adults with intellectual and developmental disabilities - ScienceDirect](#)
Special Olympics British Columbia — [Resources | Special Olympics British Columbia](#)

