

Fit Families & Friends

June 16th, 2026

Special Olympics
British Columbia



What is Fit Families & Friends?



- A weekly fitness program
 - 1 hour/session
 - 6 weeks in duration
- Typically run in the summer months
- Involves SOBC athletes, their family members and friends
- An opportunity to educate athletes on positive health behaviours



Importance of Fit Families & Friends



- Provides our athletes with an opportunity to be active during the summer
- Encourages positive health behaviours
- Fosters a sense of community and inclusion
- Provides opportunities for athletes to be exposed to new sports/types of exercise



History of Fit Families & Friends

- Originally created by Special Olympics Arkansas
- Championed by Special Olympics North America (SONA) and adopted by many different SO Programs
- SOBC's first FFF program started in 2016



Special Olympics

Health

MADE POSSIBLE BY **Golisano** FOUNDATION

Fit Families & Friends

Original program model



Challenge must run for 6 weeks



Each group must have at least one person with an ID and a challenge coordinator



Participants must record activity and nutrition on given logs



Families/Teams that complete all paperwork and do at least 4x30 min of physical activity per week receive prizes/incentives



Examples of the tracking logs:

Registration



Enrollment form

Instructions

1. Form to be completed by Challenge Coordinator
2. Challenge Coordinator must be at least 18 yrs. old
3. Calculate Resting Heart Rate - To find a resting heart rate, count the number of heart beats for a total of one minute, or count the beats for 15 seconds and multiply that number time four. Usually the number will range from 60-90 beats per minute.
4. Systolic Blood Pressure - The top number. It is a measure of blood pressure while the heart is beating.
5. Diastolic Blood Pressure - The bottom number. It is a measure of blood pressure while the heart is relaxed, between heartbeats.
6. Please mail or fax to Special Olympics Arkansas- Attn: Donna Kilmer
2115 Main Street North Little Rock, AR 72113
7. Questions please contact Donna Kilmer donna@specialolympicsarkansas.org

Family Name: _____ Date: _____

Family Designated Coordinator: _____

Email _____ phone _____

Address: _____ City: _____ Zip: _____

How many days a week are you currently active (active defined as 30 minutes or more an activity, sport, workout, walk, etc.)? _____

Special Olympics Arkansas recommends participants consult their local health professional before beginning an exercise program

Fitness Measurements

Family Member: _____ Role: _____ Age: _____ T-shirt size: _____

Body Composition:

Height: _____ Weight: _____ Resting Heart Rate _____
(feet and inches) (pounds)

Blood Pressure:

Systolic: _____ Diastolic: _____

Family Member: _____ Role: _____ Age: _____ T-shirt size: _____

Body Composition:

Height: _____ Weight: _____ Resting Heart Rate _____
(feet and inches) (pounds)

Blood Pressure:

Systolic: _____ Diastolic: _____

Nutrition Log



Fit Families Workout Log—Week: ___/___/___
 Family Member: _____
 Challenge Coordinator: _____

How many meals were
 Family Meal?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

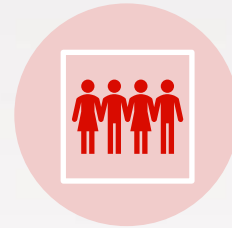
Original program model drawbacks



THE PAPERWORK



DIFFICULT TO
OBTAIN
INFORMATION



LACK OF
SOCIALIZATION



COST
ASSOCIATED
WITH INCENTIVES

Current program model



1. The program must run for a minimum of 6 weeks during the summer months
2. Programs should run at least once a week for 60 minutes
3. The program will include individuals with intellectual disabilities and their supporters
4. Speak to the importance of healthy eating & distribute recipe cards (*option to assemble snacks on site)

SOBC Requirements:



- General registration
- Adhere to SOBC ratios
- Take attendance
- Connection with local SOBC community
- Connection with me

detailed requirements listed in 'Notes' below

The Fit Families & Friends Spectrum



Less complex

More complex

FFF example: walking program



The program facilitator will decide the following:

- Date of the program
- Time of the program
- Location of the program
- Activity

And then communicate that with the following:

- Local Committee
- Myself
- Participants



The Fit Families & Friends Spectrum



Walking
program



Less complex

More complex

FFF example: obstacle course



The program facilitator will decide the following:

- Date of the program
- Time of the program
- Location of the program
- Activity
- Equipment inventory/needs
- Plan for each week

And then communicate that with the following:

- Local Committee
- Myself
- Participants



The Fit Families & Friends Spectrum



Walking
program

Obstacle
course
program



Less complex

More complex

FFF example: Multi-sport program



The program facilitator will decide the following:

- Date of the program
- Time of the program
- Location(s) of the program
- Activities
- Equipment inventory/needs
- Plan for each week

And then communicate that with the following:

- Local Committee
- Myself
- Participants



FFF example: multi-sport program cont.



FIT FAMILIES & FRIENDS

OPTION 1

Activity: Pickleball



Equipment required:

- Pickleball paddles
- Pickleball balls
- Pickleball net

Equipment cost: ~\$250

- [Paddles and balls](#)
- [Net](#)

Resources:

- [Basic Rules – Pickleball Canada](#)
- [How to Play Pickleball - YouTube](#)

Special Olympics
British Columbia

FIT FAMILIES & FRIENDS

OPTION 2

Activity: Badminton



Equipment required:

- Badminton rackets
- Birdies/shuttlecocks
- Pickleball net

Equipment cost: ~\$100

- [Badminton Set \(net, 4 rackets, 2 birdies\)](#)
- [Additional rackets and birdies](#)

Resources:

- [Outdoor Badminton Rules - Badminton England](#)
- [The Rules of Badminton - YouTube](#)

Special Olympics
British Columbia

FFF example: multi-sport program cont.



FIT FAMILIES & FRIENDS

OPTION 3

Activity: Zumba



Equipment required:

- Laptop, tablet or phone to watch video
- A leader to demonstrate/recreate movements for those who can't see the screen

Equipment cost: FREE!

Example videos:

- [Zumba® 30-Minute Beginners Latin Dance Mini-Workout \(youtube.com\)](#)
- [30-min Aerobic Workout | Zumba Class \(youtube.com\)](#)
- [30-Minute Feel Good Dance Cardio Workout \(youtube.com\)](#)

Special Olympics
British Columbia

FIT FAMILIES & FRIENDS

OPTION 4

Activity: Volleyball



Equipment required:

- Outdoor net
- Volleyball(s)

Equipment cost: \$150

- [Volleyball net](#)
- [Volleyball](#)

Example videos:

- [Basic Volleyball Rules and Terms - The Art of Coaching Volleyball](#)
- [Volleyball Rules for Beginners | Easy Explanation \(youtube.com\)](#)
- [Basic Volleyball Skills \(youtube.com\)](#)

Special Olympics
British Columbia

FFF example: multi-sport program cont.



OPTION 5

Activity: Walking, running or hiking



Equipment required:

- Running shoes/appropriate footwear
- Proper safety precautions

Equipment cost: FREE!

Tips:

- [How to prepare for a hike \(Parks Canada\)](#)
- [Look for items in this scavenger hunt on your walk! \(specialolympics.ca\)](#)
- [Try geocaching on your next walk](#)



OPTION 6

Activity: Disc Golf



Equipment required:

- Throwing Discs
- Disc golf course or a substitute for disc golf baskets

Equipment cost: ~\$100

- [6 piece disc set](#)
- [Hula hoops](#) (for disc golf basket substitute if playing in a field)

Resources:

- [How To Play Disc Golf](#)
- [Disc Golf Rules For Recreational Play](#)
- [How To Play Disc Golf \(youtube.com\)](#)

Multi-sport programs, approach with



It is very important that those participating in multi-sport programs know that:

- There are to be no competitions for unsanctioned sports
- FFF does not replace regular sports programs
- The program must be approved by SOBC



The Fit Families & Friends Spectrum



Walking
program

Obstacle
course
program

Multi-sport
program



Less complex

More complex

Recipe Cards



Light and Creamy Apple Salad

Ingredients

2 cups diced, unpeeled Granny Smith or yellow apples
2 cups diced, unpeeled red apples
½ cup golden raisins
2 tablespoons apple juice
8 ounces Plain Greek yogurt and a dash of vanilla extract
1/4 teaspoon apple pie spice (can substitute with ¼ teaspoon cinnamon and a pinch of nutmeg)
¼ cup chopped toasted pecans
¼ cup unsweetened shredded coconut

Carrot “Cake” Energy Bars

Ingredients

1 cup (100 g) rolled oats
2 cups (450 g) tightly packed, pitted dates
3/4 cup (75 g, approx. 1 medium carrot) lightly packed, finely grated carrot
1 cup (70 g) unsweetened shredded coconut
1 tsp cinnamon
1/4 tsp sea salt

No-Cook Snack Kabobs

Ingredients

Choose from the following combinations:

1. Turkey and cheddar cheese with cucumbers.
2. Salami and provolone cheese with bell peppers.
3. Chicken and Monterey Jack cheese with pickles.
4. Roast beef and Swiss with olives.

Select choice ingredients and SKEWER!

Watermelon Pizza

Ingredients

1 watermelon
1 cup greek yogurt
½ cup strawberries, sliced in half
½ cup raspberries
½ cup cherries
½ cup blueberries
½ cup pomegranate seeds
Honey or maple syrup (optional) to drizzle

Questions?





Interested?

Email me! 😊

bmacklem@specialolympics.bc.ca