



## Special Olympics Unified Fitness Kits:

The Special Olympics Unified Fitness Kit and Cards were developed to provide a new and easy way to work out at home, school, practice, or the gym. These kits allow for the flexibility of all ages and ability levels to get up and to get moving. There is something for everyone!

The Unified Fitness Kit Cards provide 30 examples of basic, intermediate, and advanced activities that can be done with the equipment included in the kits. The cards were created to provide a full-body workout and to improve sports skills. Use the kits and cards as a starting place and explore even more activities that can be done with each piece of equipment.

## Other Resources for Students:

### SPECIAL OLYMPICS MARYLAND Virtual MOVEMENT

Weekly virtual fitness classes and recordings

[www.virtualsmd.com](http://www.virtualsmd.com)



### INSTRUCTIONAL VIDEOS –



[Unified Fitness Kit Cards](#)



[Fit 5 Guide](#)



[School of Strength](#)

### NEW



WWE Superstar Drew McIntyre takes you through 10 exercises from the [Unified Fitness Kit Cards](#) that will help improve endurance, strength, and agility.

Good for a full body workout using a variety of equipment that can get you moving. Moderate Intensity All Ability Levels 15-30 minutes.

### SPECIAL OLYMPICS PARTNER RESOURCES –

#### [Hip Hop Public Health](#)

- HHPH Mission: To foster positive health behavior change through the transformative power of hip-hop music.
- Our Vision: Youth around the globe are empowered with the knowledge and skills to make healthier choices, reducing preventable health conditions and the rising tide of childhood obesity.

[Hip Hop Public Health Resources](#)

[Hip Hop Public Health HYPE at Home](#)

#### [Build Our Kids Success \(Build Our Kids Success \(BOKS\)\)](#)

- Is a physical activity program designed to reverse this public health crisis by getting kids active and establishing a lifelong commitment to health and fitness.
- BOKS envisions a world in which movement is a foundational part of every child's day.

[BOKS at Home](#)

[BOKS YouTube](#)