

**Are You
A Healthy
Athlete?**





Special Olympics

Healthy  Athletes

This book belongs to

Special Olympics Healthy Athletes is a program that offers you a chance to have your health checked for FREE at local, state, national and international competitions. You get to have your eyes, ears and teeth examined and learn about nutrition and stretching.

A Special Olympics Healthy Athlete



- ★ Eats a **balanced** meal and avoids “junk food”



- ★ Brushes his/her teeth **2-3** times each day



- ★ **Exercises** on most days



- ★ Drinks lots of **water** to stay cool

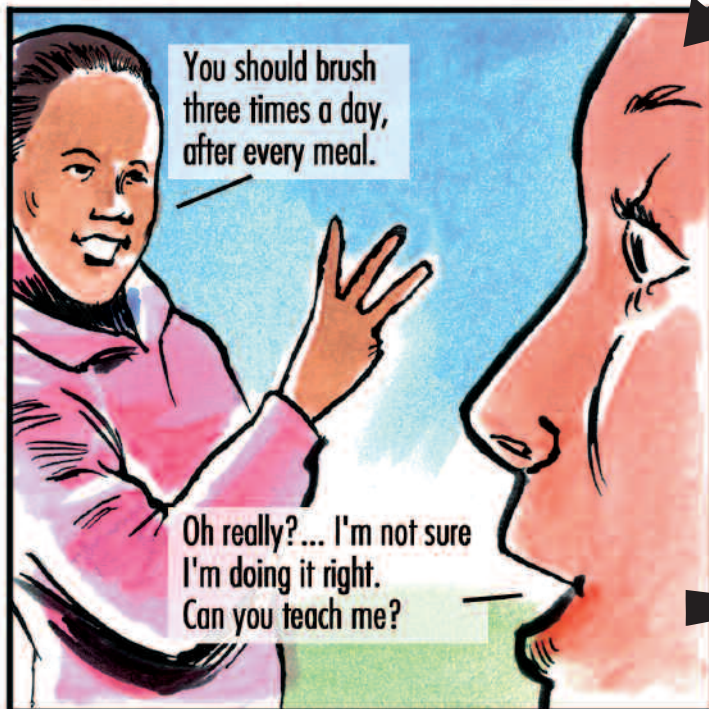


- ★ **Warms up** before and **cools down** after participating in sports



- ★ Listens to coaches and has an **“I CAN!”** attitude to stay strong and fit!







Special Olympics

Healthy Athletes

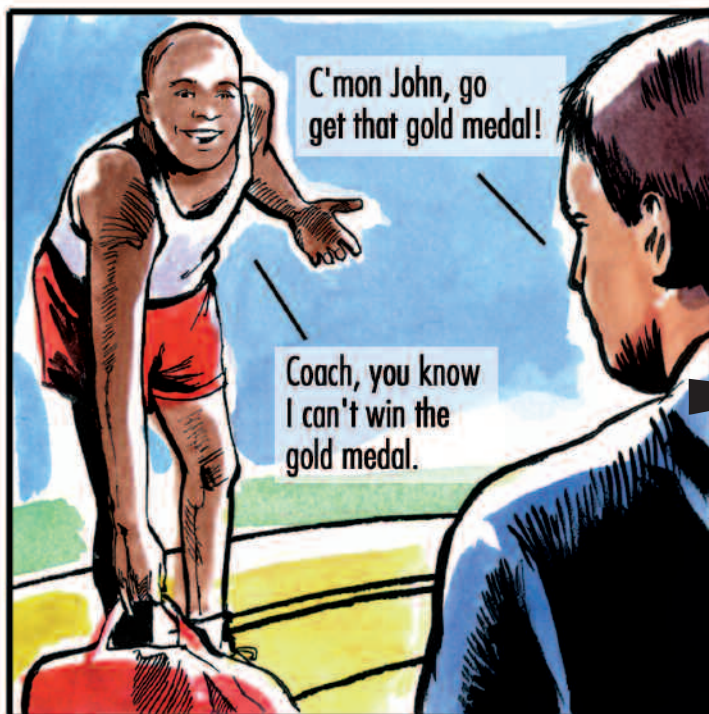
Special Smiles

Special Olympics Special Smiles offers **FREE...**

- Dental check-ups
- Tips on how to clean your teeth
- Sports mouth guards that fit just right for you if you need them
- Toothbrushes, toothpaste and dental floss
- Ways to help you find a dentist in your hometown



Special Olympics Global Messenger and Healthy Athlete Jia Sirui asks,
**“How’s your smile?
Come with me to
Special Smiles and
let’s have a look!”**





Special Olympics



Lions Clubs International

Special Olympics Opening Eyes offers **FREE...**

- Vision and eye examinations
- Prescription eye glasses if you need them
- Prescription protective sports eyewear if you need them
- Ways to help you find an eye doctor in your hometown to provide follow-up care

Eye Examination:

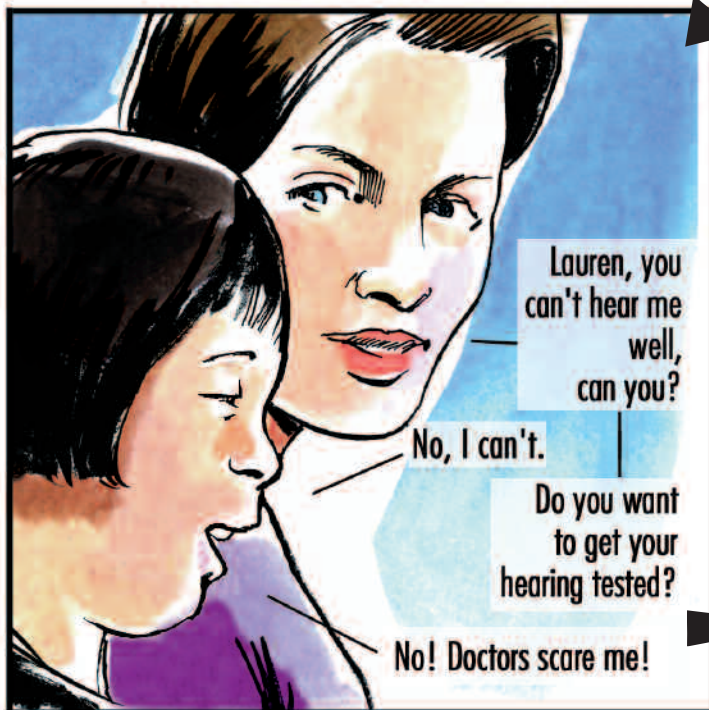
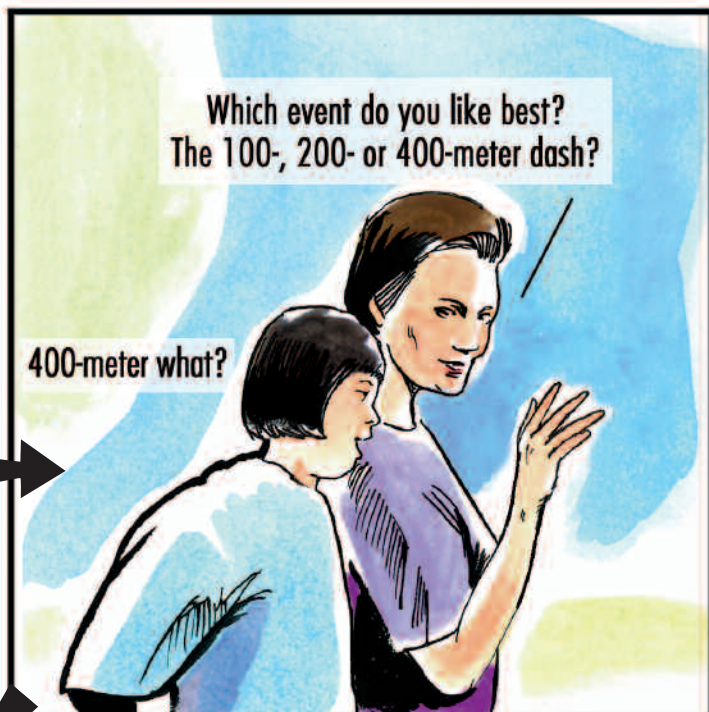
An eye examination is how a doctor can tell whether or not you need glasses.

Prescription Eye Glasses/Protective Eyewear:

Prescription eyewear is what a doctor gives you when you can't see well.



Special Olympics Global Messenger and Healthy Athlete Cindy Bentley says, **“Hey, a while back at a competition I couldn’t see that well. I went to the Opening Eyes program and got free glasses. Now that I can see the finish line, winning the race is easier than ever!”**





Special Olympics

Healthy Athletes

Healthy))) Hearing

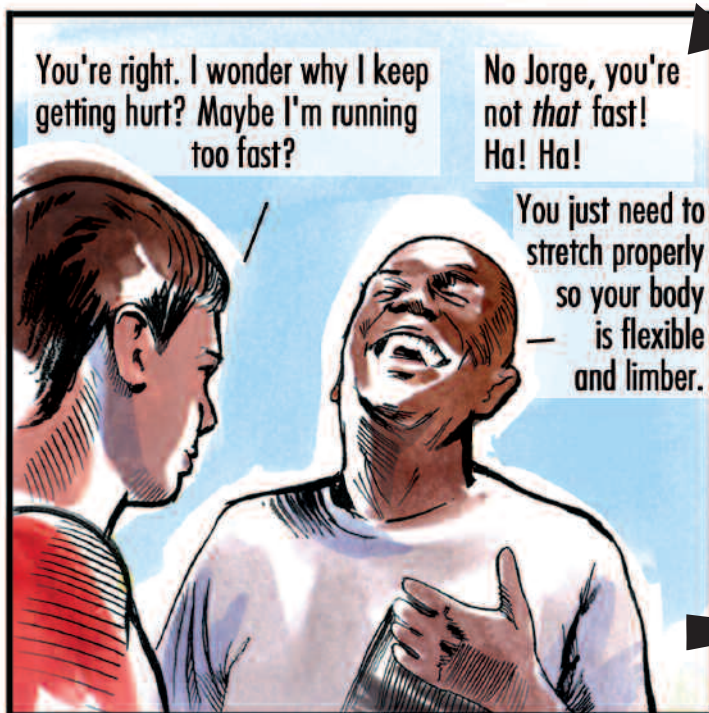
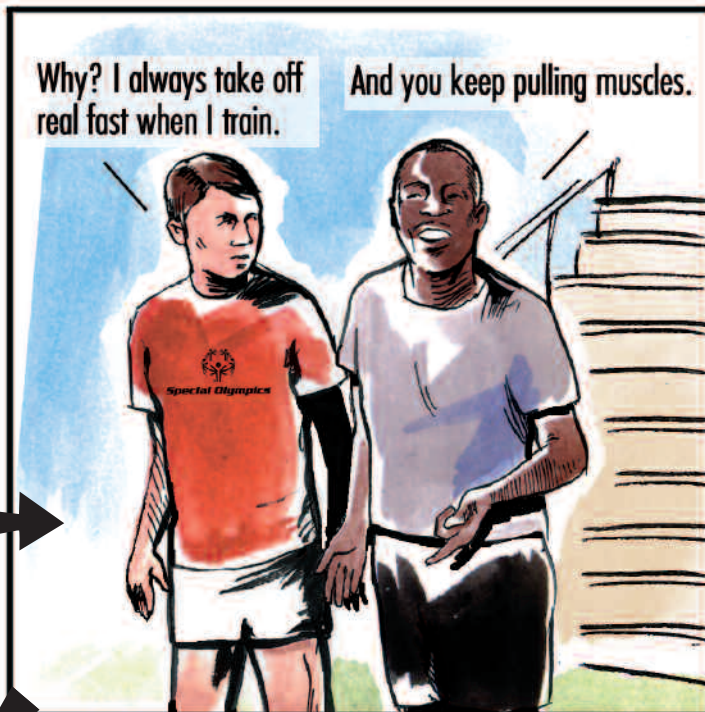
Special Olympics Healthy Hearing offers **FREE...**

- Outer and inner ear examinations
- Hearing tests
- Earplugs for use in swimming
- Hearing aids on-site **or** ways to find an ear doctor in your hometown



Special Olympics Global Messenger and Healthy Athlete Mohammad Nassar knows hearing the horn is important.

“When the horn goes off, you better be able to hear it so you can start on time!”





Special Olympics



Special Olympics FUNfitness offers **FREE...**

- Flexibility checks
- Strength checks
- Information for you and your family about the importance of physical fitness
- Help so you will feel comfortable around physical therapists

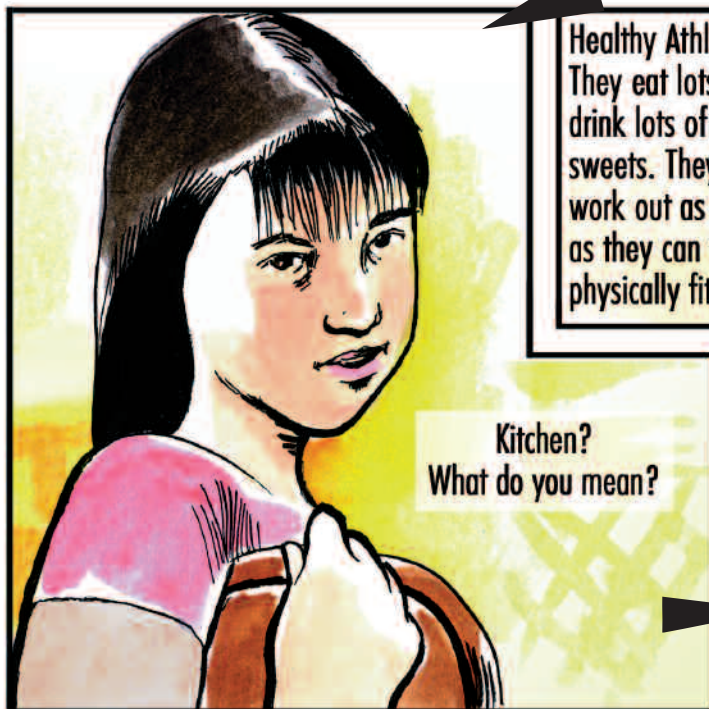
Physical Therapist:

Physical therapists help you with all your exercises to keep you in shape. They help get your body back into condition when you have an injury.



Special Olympics Global Messenger and Healthy Athlete Katy Wilson talks about the importance of keeping fit.

“As a gymnast, I have to be in top shape, especially to do my awesome cartwheels! FUNfitness teaches you to stretch your muscles and tendons out so when you do cartwheels, you won’t get hurt!”



Healthy Athletes eat a balanced diet. They eat lots of fruits and vegetables, drink lots of water and avoid a lot of sweets. They also work out as much as they can to get physically fit.





Special Olympics

Healthy Athletes
Health Promotion

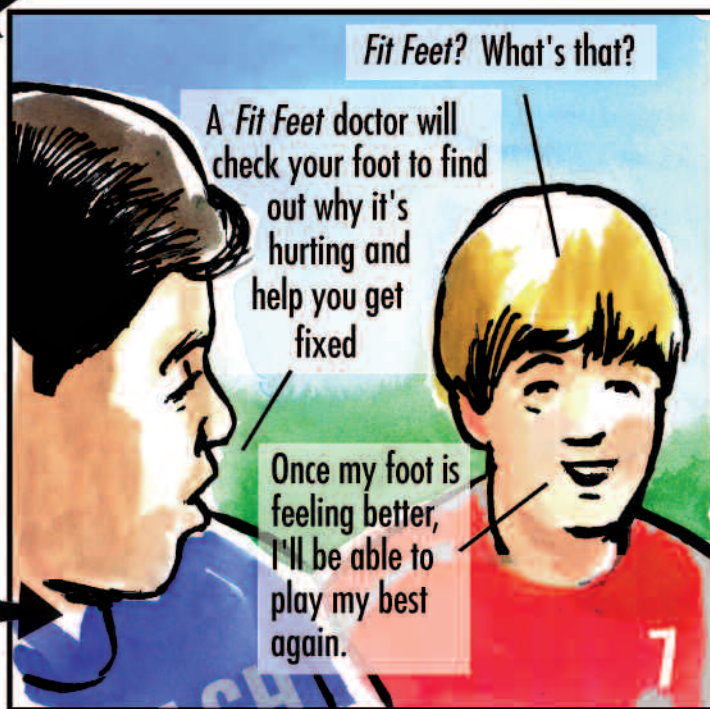
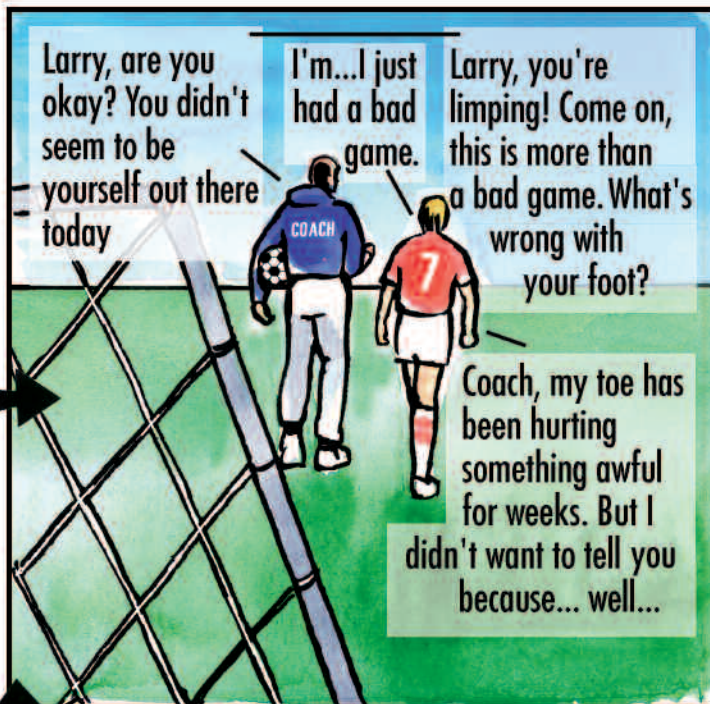
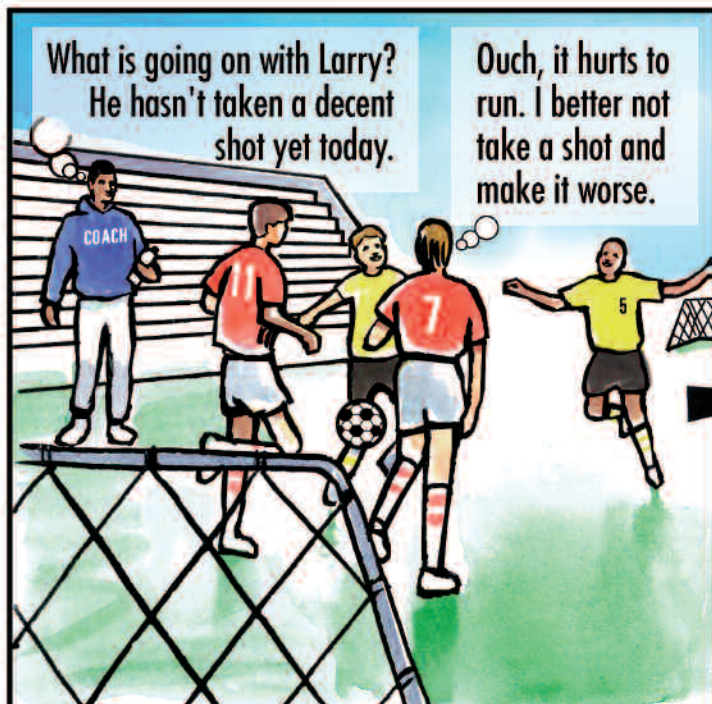
Special Olympics Health Promotion helps you to...

- Learn how to make healthy lifestyle choices
- Teach your friends and families about how to live a healthy lifestyle
- Avoid tobacco products
- Wear a hat in the sun



Special Olympics Global Messenger and Healthy Athlete Miguel Quiroz knows the importance of a healthy lifestyle.

“Health Promotion is important for you to look, feel and perform your best.”





Special Olympics



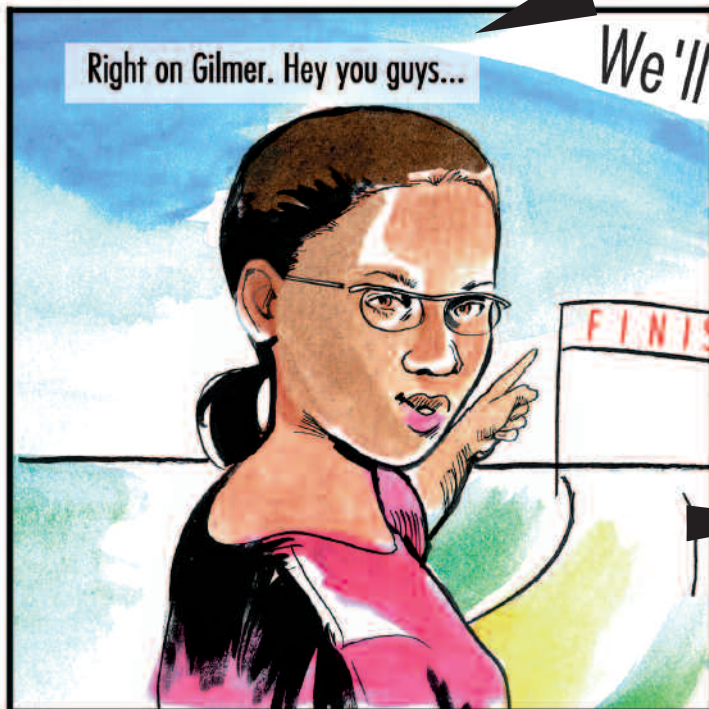
Special Olympics Fit Feet offers **FREE...**

- Foot and toe checkups
- Foot measurement to ensure you get the proper shoe size
- Teaches you how to keep your feet clean
- Teaches you how to care for your toenails



Special Olympics Global Messenger and Healthy Athlete Ephraim Mohlakane knows the importance of taking care of your feet.

“It’s great to have *Fit Feet* so you can focus on practicing and playing your best game!”



Testimonials



—**Tamana Chona**

Sargent Shriver International Global Messenger
Special Olympics India

“The *Healthy Athletes* program has taught me to be conscious of my eyesight. I can see better now. I am truly moving from darkness into the light. Isn’t that the purpose of our lives?”



—**Álvaro Miranda**

Sargent Shriver Global Messenger
Special Olympics Peru

“I think that *Healthy Athletes* screenings help athletes detect problems early to avoid problems later. Here in Peru, I had a Special Smiles screening that detected cavities, and I’ve already had them fixed.”



—**Paul Marretti**

Sargent Shriver Global Messenger
Special Olympics Virginia

“By being involved in Special Olympics and *Healthy Athletes*, I’ve learned the importance of getting a lot of exercise and eating right. These are things to keep in mind for a healthier, longer life. I hope that we can help people around the world—so that they can see better, hear better, and take better care of themselves.”



—**Serena Silvi**

Sargent Shriver Global Messenger
Special Olympics Italy

“I think this is a very useful booklet for athletes and their families. I always participated in *Healthy Athletes* screenings held during Special Olympics competitions. It’s very important for every athlete to stay healthy.”

[illegible]

Are **YOU** a Healthy Athlete?

1. How often do you brush your **teeth**, and what's your favorite toothpaste to use?
2. Do you have your **eyes** examined regularly?
3. Are you wearing the right kind of **shoes** for the sport you play?
4. Do you get enough **sleep** and **eat** a good meal the night before your sporting event?
5. What kind of **exercise** do you like to do to stay in good shape?
6. When was your last **hearing** exam?

Healthy Athletes Checklist



Special Olympics

Healthy Athletes

Special Smiles



signature



Special Olympics



Lions Clubs International

Healthy Athletes

Opening Eyes

signature



Special Olympics

Healthy Athletes

Healthy)))Hearing

signature



Special Olympics

Healthy Athletes

FUNfitness

signature



Special Olympics



Health Promotion

signature



Special Olympics



Fit Feet

signature

Special Olympics Mission

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.



Special Olympics

www.specialolympics.org