

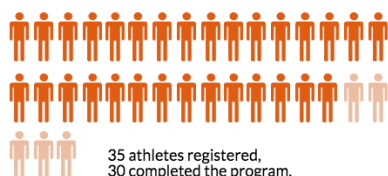
2019 Special Olympics Cabarrus County Wellness Program



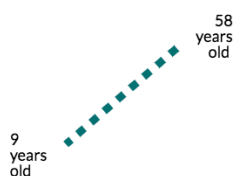
Healthy Communities

“When you are the parent of a special needs child/young adult, you only have so much time and energy. So, someone else providing the organization and motivation helps so much.”
-Parent of a Special Olympics athlete

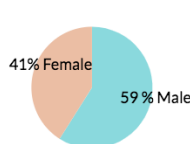
Athlete Participation



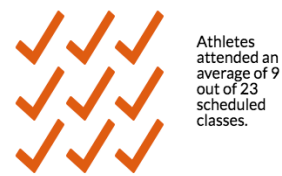
Athlete Age Range



Athlete Gender



Athlete Class Attendance



In Cabarrus County, 69.2 % of athletes that have participated in Healthy Athletes screenings were overweight or obese, 71.1 % had flexibility problems, and 73.7 % had balance problems. One way that Cabarrus County is working to address these health challenges is through the Special Olympics Cabarrus County Wellness Program.

The Special Olympics Cabarrus County Wellness Program is a community-led program that incorporates nutrition and fitness into athletes' everyday lives. Athletes had access to 23 community classes over a period of six weeks. Classes included outdoor fitness, water aerobics, nature walks, Zumba, cooking classes, CrossFit, and yoga. Athletes tracked their nutrition and fitness in order to visualize their progress and create sustainable habits..



The program encourages healthy choices:

“The Wellness Program encourages her to eat the way we eat all the time. When she checks off her fruit/vegetable boxes, she is proud of herself. The exercise program is her greatest positive benefit from the program. She enjoys working out with her friends.”

- Parent of Special Olympics athlete

“I've been drinking more water, eating more vegetables, and spending less time on my laptop.”

- Special Olympics athlete

And provides an inviting environment for athletes to try new wellness activities:

“Being able to try different classes was fun for all of us! Watching him work out and seeing how much he enjoyed being there was amazing!”

- Parent of Special Olympics athlete

“[Athlete] said he liked CrossFit. He said he would have never tried it without the Wellness Program. As a parent, I like the help in motivating [athlete] to stay healthy. He is not naturally a "mover" so I am always up for extra motivation to get him moving.”

- Parent of Special Olympics athlete

Community Partners
Cabarrus Health Alliance
Cooperative Extension
CrossFit Harrisburg
Frank Liske Park
Lotus Living Arts Studio
The Senior Center
YMCA West Cabarrus