



**Special
Olympics**
Montana



HEALTHY COMMUNITIES HEALTH BITES

2025 Winter Edition



Join Our
Facebook Community



**SOMT Fitness
Challenge Group**



Scan me!



**Fit
Feet**



**FUN
Fitness**



**Health
Promotion**



**Healthy
Hearing**



MedFest



**Opening
Eyes**



**Special
Smiles**



**Strong
Minds**



2025 State Basketball Healthy Athletes



FUNFitness: 79

Special Smiles: 83

Fit Feet: 68

Strong Minds: 51

Health Promo: 83

Total screenings: 364

TOTAL REFERRALS: 70

**THANK YOU
to all the Clinical
Directors and
volunteers for
making this
Healthy Athletes
event a huge
success!**



Be Fit Be Healthier Be The Best Version Of You



- ☀️ Special Olympics Fitness App
- ☀️ Date: January 5th, 2026

6-week New Year Challenge!
Sign-up today!



Health Messenger,
Nickadoums Heinzman,
will be leading virtual exercise
classes every Thursday @
4:30pm

AWESOME GIVEAWAYS FOR ATHLETES WHO COMPLETE THE CHALLENGE

- Compete with peers in weekly challenges!
- Track food, sleep, and personal goals all in one place
- See motivating tips about ways to stay healthy
- Connect your Apple Watch, Samsung Watch, or Fitbit



To register, email Mallory Frank
mfrank@somt.org



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What is a Fitness Captain?

Fitness Captains are athletes on a sports team who lead the team in activities related to fitness and a healthy lifestyle. Fitness Captains can use their leadership and communication skills to encourage and empower fellow athletes to be healthy and fit on all Special Olympics teams.

Main Roles: Lead Warm-Ups and Cool-Downs and Teach Healthy Habits

Fitness Captain Benefits

To be a great athlete, you must be a healthy athlete. Athletes not only need a coach that promotes health and fitness, but a peer leader who can be the example and encourage their teammates to practice healthy behaviors. Through a **peer-led programming** model, athletes will have the opportunity to learn health-related information from a teammate who shares their experiences as an athlete and a person with an intellectual disability.

A focus on fitness through the lens of sport can help drive positive daily choices. Regularly integrating fitness training and health education within sports practice and competition can:

- Reduce injury, improve sports performance, and achieve their personal best
- Increase knowledge of health topics
- Increase awareness of personal health habits
- Improve health behaviors in physical activity, nutrition, and hydration

Nominate a Fitness Captain Today!

Send an email to mfrank@somt.org with the following information about the athlete:

- First and Last Name
- Contact Information (email and phone number)
- Team(s) that they are on
- **Area/County/Region/Other Identifying information you might want to collect**
- Sports that they play
- A brief reason on why you are nominating the athlete to be a Fitness Captain



"I feel good to lead my teammates in team warm-ups, get them motivated and warmed up. I like to help them feel good and give ideas for a healthy lifestyle and lead by example. I like to lead. I hope to get my teammates to improve at least one thing about their health. My job as Fitness Captain is very important."

Vince Egan, Special Olympics Colorado



FITNESS CAPTAINS TRAINING COMING SOON!

LOCATION: LETR CONFERENCE, MISSOULA MT
MARCH 7TH, 2026

Registration Details:

- \$100 Full weekend with LETR shirt
- \$80 Full Weekend w/o LETR Shirt
- \$50 Saturday Banquet Only
 - an option for Fitness Captain training only

Hotel:

- \$179 plus taxes per night



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Montana



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION

FIT5

Special Olympics
Healthy Athletes®



Fit for Sport. Fit for Life.



Fit 5 Classes Wrapping Up

Peak Health &
Wellness, Great Falls
&
MT Made Physical
Therapy, Miles City



*Thank
you!*



FIT5
GAME ON! 