



Fitness Captains' 30 Day Challenge



Special Olympics

May 1 – May 31

Healthy  Athletes®

**HAVE YOU EATEN YOUR FRUITS
AND VEGETABLES TODAY?**



ADD COLOR TO YOUR PLATE EVERY DAY!

THE BEST PROTECTION IS EARLY
DETECTION . . . BE SMART . . . GET
YOUR **FREE** HEALTH SCREENINGS!



**Special
Olympics**
Colorado



CHECK IT OFF YOUR LIST!!!!

UPCOMING HEALTHY ATHLETE SCREENINGS:

**MAY 12TH: SOUTHEAST REGION SPRING
CLASSIC, PUEBLO (FREE DENTAL SCREENINGS)**

**JUNE 9TH: SUMMER GAMES, GRAND JUNCTION
(FREE SCREENINGS IN 5 DIFFERENT AREAS)**

FITNESS CHALLENGE FOR FITNESS CAPTAINS FOR MAY:

Reduce the time you are sitting each day! Don't let this be you!



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SITTING IS THE NEW SMOKING!

30 DAY CHALLENGE: **Move more and sit less!**

YOUR CHALLENGE IS TO RUN/WALK AT LEAST 10 MINUTES EVERY DAY FOR 1 MONTH!*