



Special Olympics  
**Healthy Athletes®**



# How to be a Healthy Athlete

**1**

Test your strength, flexibility, and fitness at **FUNfitness!**

**2**

Check your vision to perform your best at **Opening Eyes!**

**3**

Tackle stress, and improve your wellbeing at **Strong Minds!**

**4**

Learn how to care for your victory smile at **Special Smiles!**

**5**

Make sure your ears are at MAX strength at **Healthy Hearing!**

**6**

Make sure you step your best on and off the field at **Fit Feet!**



Special Olympics  
Kansas  
**Health and Fitness**