



HEALTH HIGHLIGHTS

JULY 2024



FIRST FIT FEET SCREENINGS IN UTAH AT INCLUSION FEST!

We are so excited to have been able to offer Fit Feet screenings for the very first time at our annual Inclusion Festival on July 18th. Athletes were able to have their nails, feet, ankles and lower legs examined by volunteer podiatrists and residents.

Led by new Clinical Director Tony Beck, 18 athletes were able to learn about their foot health, receive proper shoe size measurements, and take home great socks, courtesy of Bombas.

We're grateful to the volunteers and staff that made this event possible!

MONUMENT VALLEY WALKING CLUB

A new walking club, made up of participants from Monument Valley, has been taking place at various locations on Navajo Nation lands in Utah and Arizona. Ages range from babies in strollers to grandparents! The group is lead by Tyrell Holiday, SOUT's Navajo Nation Health & Fitness Specialist, with help from the Navajo Nation Special Diabetes Project.





YOUNG ATHLETES AT PLAYTIVITIES

The Young Athletes club playing at Millcreek Common has been unique, with many children of all abilities participating, either for a single day or weekly. The kids especially loved cooling off in the splash pad between obstacle course runs! It's been a great opportunity to share the program with the Salt Lake Valley community at such a popular summer gathering location! We've loved seeing new friendships form and watching the kids improve both basic motor and advanced sport skills each week.

COLUMBUS CENTER FITNESS CLUB

Our newest fitness club broke the record for number of participants in only their second week! The residents, day program clients and staff of the Columbus Center have excitedly joined every week to build strength and improve their balance. This marks the start of a very exciting new community partnership, with much more to come.

DESERET NEWS 1K WITH SHOW UP FOR UNIFIED

A group of Young Athletes ran alongside family members, SOUT athletes, and their peers during the Deseret News 1k race for Unified Sports on Pioneer Day. They were very speedy and were even interviewed by a reporter after the race!

