



# HEALTH HIGHLIGHTS

AUGUST 2024



## UNIFIED FITNESS & WALKING CLUBS SCHEDULED!

School is back in session, which means the return of many of our regularly scheduled fitness clubs and NEW walking clubs throughout the state!

We anticipate more clubs to start throughout the year, and will be sure to highlight each new club here.

Each of these clubs are open to the public, but some may be age specific. Please check with our staff before attending to be sure you are headed to the right place!

### **West Bountiful Walking Club**

*Tuesdays at 6pm*

*West Bountiful City Park*

*Starting September 10th*

### **Glendale Family Fitness Club**

*Thursdays at 7pm*

*Glendale Middle School*

*Started September 5th*

### **Daybreak Walking Club**

*TBD*

*Oquirrh Lake Trail*

*Starting TBD*

### **Monument Valley Walking Club**

*Monday evenings in Sept/Oct*

*Location varies - Contact us for details*

**For more information about each of the following clubs, or to register, please contact Sam Robinson at [srobinson@sout.org](mailto:srobinson@sout.org) or 801-363-1111 ext 106.**

### **Vernal Youth Fitness Club**

*Mondays from 4-5pm*

*Uintah Community Center*

### **Vernal Adult Fitness Club**

*Tuesdays from 11am-12pm*

*Uintah Community Center*

### **St. George All Ages Fitness Club**

*Fridays from 3-4pm*

*ALL-STAR Champion Cheer*

## WELCOME TO NEW INTERN, HANNAH HICKMAN



Hannah's involvement with Special Olympics was inspired by Bella, her younger sister (and best friend) with Down Syndrome, in her hometown of Sacramento, California. At the University of Utah, she continued her involvement by leading the Games Organizing Committee and is now excited to be a part of the Health and Fitness Team! As a Community Outreach Intern, Hannah will be working to improve access to essential services in communities with significant barriers to IDD-focused healthcare while promoting SOUT.

## TYPE 2 DIABETES INTERVENTION PROGRAM

We're excited to start STOP Diabetes, a type 2 diabetes prevention and delay program for Special Olympics Utah athletes and their families and caregivers.

The program started September 7th with free type 2 diabetes screenings. Classes begin September 14th with activities from 9-10am Saturday mornings at Northwest Community Center in Salt Lake City. We'll learn more about overall health, how diabetes affects health, being physically active, making good nutrition choices, and setting health goals. Participants will receive health related prizes each week they attend!

**If you or someone you know would like to participate in this program, reach out to Sam Robinson at [srobinson@sout.org](mailto:srobinson@sout.org) or 801-363-1111 ext 106.**

### - STOP - DIABETES

Type 2 Diabetes Prevention and Delay

Participant Workbook

