Dear Friends of Special Olympics Montana-

*Spring into action!* I started my March newsletter with this same greeting, announcing that we were gearing up for Healthy Athlete events at Spring Area Games with Five Valleys (in Missoula) and State Summer Games (in Great Falls). Then COVID-19 hit, and all our events were cancelled. In an attempt to keep our athletes focused on fitness and their own personal health, along with keeping them socially connected, we truly did “spring into action” and quickly developed online opportunities for our athletes to engage in.

Our Virtual Training Program, offered on Facebook, on Tuesdays and Thursdays, at 11:00 am, provides exercise workouts with “School of Strength” videos (produced by Special Olympics International) and staff and volunteer-led sessions. Two of our Health Messengers from Great Falls, Josh Anderson and Jamie Darko, are providing “Health Talk” lessons on topics like building a healthy plate, healthy snacks, and sugar in beverages. Their lessons are based on the Fit 5 components of exercise, nutrition, and hydration.

A big shout out to our SOMT VP of Outreach, Mandy Patriarche, for putting our Facebook posts together and facilitating Facebook Live! comments with our athletes. Mandy, in her approach to this project, defines the phrase, “*When the world gives you lemons, make lemonade!*”

Check us out on Facebook at SOMT Virtual Training Program!

If you’d like to host a segment or be part of these trainings, please let us know. Email Bill Salonen at bsalonen@somt.org

“Building a Healthy Plate” with Health Messenger Josh Anderson

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