



Special Health Check In: April 30th

The health and well-being of our Special Olympics Hawai'i community is top of mind for us during this difficult time. Which is why we are introducing this new, twice a month check in to keep in touch with all of you through the one thing that brings us together — Health and Wellness. We look forward to being together soon!

Visit our Website

Special Olympics Hawaii Challenges YOU to #SITUP4SOHI!



Special Olympics Hawaii has been deeply affected by the COVID-19 pandemic, forcing us to cancel or postpone many of our major events and fundraisers. To help our athletes during this difficult time, HPD officer and director of the Troy Barboza Law Enforcement Torch Run, Tom Billins created #SITUP4SOHI to inspire the community to come together and participate in a fun, fitness challenge.

Here's how YOU can #SITUP4SOHI to raise awareness and funds for Special Olympics Hawaii:

- Record yourself doing situps -- the more, the merrier!
- Post your video on social media and make a donation to Special Olympics Hawaii at bit.ly/SITUP4SOHI. The donation can be in any amount or matching the number of situps completed.
- Use the hashtag #SITUP4SOHI in your caption and tag Special Olympics Hawaii.
- Challenge five other people (or as many people as you want) by tagging them in your social media post or story.

Mahalo Tom for creating this fun challenge! We don't want to be caught sitting on our hands during this time of need so let's do some situps for our athletes. Visit bit.ly/SITUP4SOHI to make a donation or for more information.

Alice Webb Joins the Next Class of Special Olympics North America Health Messengers

Special Olympics Hawai'i athlete, Global Messenger, and Toastmaster Alice Webb, has been selected as one of the newest class of Special Olympics North America (SONA) Health Messengers. Over the next four weeks, Alice will be a part of a virtual training program where she and her mentor will learn different ways of engaging our athletes in achieving their best health, as well as working with coaches on how to implement healthy programs into their practice schedules. We are excited for Alice to begin her new role as a SONA Health Messenger, joining Renee Manfredi who currently serves as a SONA Health Messenger.



New Videos by Renee Manfredi



Special Olympics Hawaii athlete, and SONA Health Messenger, Renee Manfredi has helped to produce a series of videos covering a range of safety habits to practice during the COVID-19 pandemic. Her newest videos include information on practicing social distancing and a reminder to our Special Olympics Hawaii ohana to wear a face mask if you need to leave the house.

Renee's informational videos are available to view on all Special Olympics Hawaii social media

platforms and the SOHI Stays Fit Facebook group.

Join Renee and practice safe habits and stay tuned to the Special Olympics Hawaii Facebook page to stay up-to-date as more videos are posted.

Get Moving with Us By Joining Our SOHI Stays Fit Facebook Group!

If you haven't already, join our online community SOHI Stays Fit Facebook group and stay active while you stay at home. The Facebook group is dedicated to bringing the community together online and features daily workouts, a fitness tracker, health tips and most importantly provides a place for athletes, coaches and our Special Olympics Hawaii ohana to stay connected and in touch during this time. For every four weeks completed, you will receive a certificate for your accomplishments. We encourage those who are interested and have access to a Facebook account to join the group.



You can also join us at one of our LIVE Zoom workout sessions! Every week, there will be one live workout, one live challenge and a live dance (each lasting for 30 minutes) led by different instructors that are excited to share their dynamic and unique fitness styles with all of you.

We are also introducing a stamp program on our SOHI Stays Fit Facebook page. Those joining the live Zoom challenge will earn a stamp that will be posted online. Join us in the next Zoom challenge to earn your stamp!

The next Zoom sessions are:

- **April 30 at 3:30 pm:** Zumba with instructor Tanya
 - **May 1 at 4:00 pm:** Dance Party with DJ Blair
 - **May 5 at 2:00 pm:** Situp Fitness Challenge with instructor Blythe
 - **May 6 at 2:00pm:** Strength, flexibility, balance and cardio with instructor Aaron
 - **May 8 at 4:00 pm:** Dance Party with DJ Crichton
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Wellness Corner: Stay Hydrated!



Garrika, the Development Coordinator for Special Olympics Hawaii, shares with us this edition's wellness tip, which is to stay hydrated! Keeping hydrated is her most crucial health and wellness tip.

Garrika shares, "Staying hydrated is not only important during workouts, but on a daily basis as your water intake can affect energy levels and brain function. I like to start my mornings with a nice cold glass of water and make sure to refill my water bottle throughout the day."

During your workout be sure to stop for breaks as needed and quench your thirst whenever possible. How much water you should drink will vary for each person, but drinking at least eight ounces of water right after exercising is a good start!

Special Acts of Aloha

- We are thankful for the H.T. Hayashi Foundation and what they do for our community. In addition to relaxing restrictions on a \$40,000 grant they made to Special Olympics Hawaii this year prior to the COVID-19 pandemic they also generously announced an additional \$15,000 emergency funding grant to help our organization during this difficult time.
- Two of our longtime Over the Edge rope volunteers, Chris and Blake from the Honolulu Fire Department Rescue 1 Squad, surprised one of our longtime Over the Edge participants, Janice at her 70th birthday party earlier this month. Janice also celebrated her birthday with a special act of aloha by asking all of her party guests to donate to various designated nonprofits — including Special Olympics Hawaii — raising \$1,070 for our organization.
- With the help of our Special Olympics Hawaii ohana on Maui, Lanai and Oahu, our Molokai athletes, coaches and helpers received some special care packages. Each family received a variety of goods such as toilet paper, toiletries, canned goods, snacks and pastries.



Photo credit: Miki Souza

Mahalo for your support!