



Special Health Check In: April 8th

The health and well-being of our Special Olympics Hawaii 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. Today we are introducing the first Special Health Check In that features health, fitness and wellness information and tips to help make you feel good both inside and out. We look forward to being together soon!

Visit our Website

Stay Active With Our “SOHI Stays Fit” Facebook Group



To help our athletes and Special Olympics Hawaii ohana stay active while they “stay at home,” Special Olympics Hawaii has created the “[SOHI Stays Fit](#)” Facebook Group. The Facebook Group is dedicated to bringing us together online and features daily workouts, a fitness tracker, health tips and most importantly a place for athletes, coaches and the Special Olympics Hawaii community to connect and stay in touch during this time.

Those who are interested and have access to a Facebook account, can easily join the Facebook group by visiting: bit.ly/sohifit. One of the features of the Facebook Group is the Special Olympics Hawaii Fitness Tracker, a four-week program that includes a schedule of daily workouts. After downloading the Fitness Tracker, participants are asked to follow the exercises each day and share a photo of their workouts in the Facebook Group.

Athletes who miss going to OrangeTheory Fitness can still do the OTF 3-2-1 workouts conveniently at home. A variety of strength, flexibility and stability exercises are available in the Facebook group. Athletes are also encouraged to wear their team shirts to show pride and support their fellow athletes and coaches. After successfully completing the four-week program, participants will be awarded a certificate of completion.

Informational Video Series With Renee Manfredi

Dedicated Special Olympics Hawaii athlete and health messenger, Renee Manfredi, has taken the time to help produce a series of informational videos featured on the SOHI Stays Fit Facebook Group and Special Olympics Hawaii platforms. Her first three videos that are now available to view [online](#) include tips on how to properly wash your hands and tips on how to sneeze to minimize the chance of spreading germs.

To watch Renee’s videos, head over to the [Special Olympics Hawaii Facebook page](#).

Join Renee as she shares and demonstrates safe habits and stay tuned to the Special Olympics Hawaii Facebook page to stay up-to-date as more videos are on the way. Mahalo Renee for your hard work and dedication to keep us all safe and healthy during this time!



Join Us for Live Zoom Workouts!

Let's get moving! Our Special Olympics Hawaii Director of Sports, Blythe Yamamoto has put together a schedule of LIVE workouts available on Zoom! Each week individuals can join in on a different live 30-minute workout led by different instructors.

Our first Zoom work out will be on April 11, at 8 a.m. and will be led by Denise Lindsey, our West Hawaii Area Director. If you are interested in participating, be sure to download Zoom on your computer or smartphone and join with this meeting ID number: 610-935-905.

We look forward to seeing you on April 11!



Wellness Corner: Jennifer Ernst



In every edition of our Special Health Check In, we will be including a tip from our SOHI team on how to stay healthy while you "stay at home." Our first tip comes from Jennifer Ernst, our Healthy Communities Manager.

"Enlist a workout buddy or a group of friends who you can work out with together virtually. My workout partner is Shari, who is also Director of Foundation Funding. With gyms being closed, Shari and I have been practicing Qigong together by watching a YouTube video each day. Working out with a partner helps us to stay on track and establish a dedicated time to do it so we don't miss a workout! And it's fun knowing Shari is doing it with me!"

Small Acts of Aloha Makes a BIG Difference

While we may be physically distant, we are also still together in spirit and aloha. During this difficult time, small acts of aloha can make a big difference. We wanted to share with you some acts of aloha we have experienced during this difficult time as well as a few heartwarming notes from members of our community.

The First Insurance Charitable Foundation had signed up to volunteer for a Special Olympics Hawaii Play Day. When the event was canceled due to the COVID-19 outbreak, the foundation still

insisted on helping Special Olympics Hawaii and sent over a generous donation of \$2,500. Their note: "We know it's a tough time for nonprofits. We appreciate your mission and hope this donation helps in whatever small way to further your good work. We thank you and hopefully will see you later in the year once life returns back to normal." A big mahalo to the First Insurance Charitable Foundation for their aloha and generosity.

Janet, a longtime and dedicated volunteer awards coordinator for Special Olympics Hawaii reached out with a message: "I've thought about all the Special Olympics Hawaii staff and athletes a lot -- what a test you are all being put through! Please share my sentiments with all of the office staff -- you are all very SPECIAL to me and make up a big part of my heart."

From Nathan, another Special Olympics Hawaii volunteer, "The impact of COVID-19 is unprecedented. We appreciate that Special Olympics Hawaii is doing its part to support the safety and well-being of our communities. We are excited about getting through this world crisis and look forward to working with Special Olympics Hawaii in the future."

From Phil, a member of the Troy Barboza Law Enforcement Torch Run, "I'm very sorry to hear that our 2020 Summer Events will be postponed/canceled. I can only imagine how difficult this is for you, your team, and the special athletes that you serve. After all these years, The Troy Barboza Law Enforcement Torch Run has not only been a 'worthy event', it has helped to galvanize our community, our city, our law enforcement agencies and our state."



Mahalo for your support!