

More than just sports...



Healthy Athletes®

BE A WINNER...

**VISIT ALL THE HEALTH TABLES, GET CARD APPROVED,
DROP IN BOX AT HEALTHY ATHLETES OR SPORTS ZONE TO WIN!**

The mission of the FREE HEALTH SCREENINGS is to improve each athlete's ability to train and compete in Special Olympics Missouri. The screenings will show if follow up care is needed and referral information will be provided.

LOCATED INSIDE



Healthy Hearing

HEALTHY HEARING Athletes are screened to detect any hearing problems. Conducted by trained audiologists, this screening will alert the athlete to any hearing loss.



Fit Feet

FIT FEET Podiatrists evaluate ankles, feet, lower extremity biomechanics and proper shoe and sock gear.



Health Promotion

HEALTH PROMOTIONS A health check and education-teaching athletes, coaches and parents how to make healthy choices.



FUN Fitness

FUNFITNESS Physical therapy screening program designed to assess and improve physical strength, flexibility, balance and aerobic fitness while educating athletes, parents and coaches on the importance of becoming and staying physically fit.

LOCATED OUTSIDE



STRONG MINDS An interactive learning activity focused on Athletes trying different coping strategies on how to deal with stress during competitions.



SPORT ZONE A guide to achieving fitness and your personal best with physical activity nutrition, and hydration.