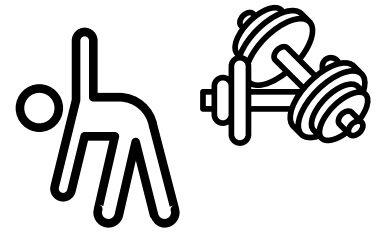


**Special
Olympics**
Nebraska



Special Olympics
Health



2025 WINTER FITNESS COMBINE

FEBRUARY 16TH - MARCH 29TH

Join us for 6 weeks of fitness activities and healthy habits! Submit your minutes weekly and win prizes! Improve cardio, strength, flexibility. This challenge can be done at home, in school, or with a team. Booklets with instructions for each week will be sent out in early February.

Timeline

Registration Deadline: February 15th

Week 1: February 16th - February 22nd

Week 2: February 23rd - March 1st

Week 3: March 2nd - March 8th

Week 4: March 9th - March 15th

Week 5: March 16th - March 22nd

Week 6: March 23rd - March 29th

Minutes Submission Deadline: April 4th

Prizes

- Teams that submit their minutes each week will receive a shirt, water bottle, and backpack
- The team with the highest minutes will receive up to 15 Fitbits!
- The top 4 individuals with the highest minutes will each receive a Fitbit!
- March Madness Bracket Winner will receive a pizza party!

Registration

Register by
scanning the
QR code:



Questions?
Email health@sone.org