

Health Messenger Training: February 2023 Background Information + Application



Special Olympics
Health
FOUNDATION
MADE POSSIBLE BY **Golisano**

1. Are you a Special Olympics athlete who is passionate about your health?
2. Are you a Special Olympics athlete who is interested in leading other athletes to become healthier?
3. Are you a Special Olympics athlete who is interested in talking with health care providers or political leaders about the importance of health care for people with intellectual disabilities?

If you answered yes to any of these questions, then you should consider applying to be trained as a Special Olympics Alaska Health Messenger!

Athletes will be trained to:

- Present and interact at meetings with health partners and health influencers
- Motivate peers on maintaining good nutrition, hydration and physical activity
- Deliver Fit5 lessons to other athletes
- Lead Special Olympics athletes to establish healthy lifestyles and set personal health and fitness goals

Mentors will be trained to:

- Work with Health Messengers to accomplish their local goals
- Continue providing support to athlete leaders both locally and globally

SO Programs will be expected to:

- Support the Health Messenger achieve their goals as health leaders when they come back to their Program
- Support any resource needs the Health Messenger has to activate from the training.

Training Date: Saturday, February 18, 2023

Location: Zoom

Who: 5 athletes and 5 mentors from Special Olympics Alaska Community Programs

Health Messenger Trainee Qualifications:

- Active Special Olympics Alaska athlete
- Interested in health and committed to putting the training into action in your community and SO Program
- Available to attend the training virtually on February 18, 2023
- Has an identified Mentor to attend the training and to support going forward

For questions, please contact: Joanna Paris, 631-836-2825, joanna@specialolympicalaska.org



Application Process:

Applicants must submit the “Athlete Applicant Information” at the bottom of this page.

The form should be submitted to Special Olympics Alaska in person, by mail (3200 Mountain View Drive, Anchorage, AK 99501) or by email to joanna@specialolympicsalaska.org

Athletes will be notified if they have been selected to attend the Health Messenger training.

ATHLETE APPLICANT INFORMATION	
Name	
Special Olympics Alaska Community Program	
Sport(s) the athlete participates in	
E-mail	
Phone	
Is the athlete available to attend training on February 18, 2023	
Mentor's Name	
Mentor's E-mail	
Mentor's Phone Number	
Is the mentor available to attend training on February 18, 2023	
Why is health important to you?	
Why do you feel you would be a good Health Messenger?	