Sports, Health & Fitness
Why is it important for those with intellectual disabilities?

6.5 million people in the United States have an Intellectual Disability

- 2x as likely to be obese
- 2 - 4x as likely to be less physically active
- 2x as likely to have cardiovascular disease & asthma
- 5x as likely to have diabetes
- 2x as likely to have cardiovascular disease & asthma
- Life expectancy is reduced by an average of 16 years

"Nothing is more important than the answer to this question: Are our athletes getting healthier and fitter with a chance to get better and win?"

-Tim Shriver
Chairman
Special Olympics International