



June 13, 2022

Dear Professor Bukhala,

On behalf of Special Olympics International's Fitness Team, thank you for agreeing to serve in the Fitness Advisory Committee. This voluntary position is a two-year, uncompensated term and will serve from July 2022-July 2024, with the opportunity to continue on a yearly basis. You have been nominated and appointed to this committee based on your leadership in adapted physical activity and your expertise in programme planning for inclusive physical activities (such as Camp Shriver). We are grateful you have chosen to accept this nomination.

Members will be expected to:

- Attend and actively contribute to all scheduled quarterly 90 minute teleconferences with the full Fitness Advisory Committee (beginning July 2022), plus two to three meetings with smaller topic-specific sub-groups as needed during the committee term.
- Review and provide feedback via email on key content and deliverables, such as resources, programming, logic model, and metrics.

The anticipated time commitment is three (3) hours per month.

Specific duties of the committee include:

- Guiding the implementation of Special Olympics' fitness strategy by providing feedback to shape the vision, as well as long-term planning and evaluation
- Providing insight into evidence-based fitness strategies for people with intellectual disabilities across the lifespan, ensuring that the long term strategy addresses the individual, interpersonal, programmatic (ex: coach to athlete), community level, and policy level
- Providing input on the most impactful ways to support athletes in behavior change, particularly as it pertains to physical activity and nutrition.
- Providing feedback on SO Fitness resources for programs, athletes, coaches, and caregivers across the lifespan

We are grateful for your willingness to serve on this committee. I will be following up with committee members at the end of June to determine scheduling for our first meeting. In the interim, please do not hesitate to reach out with any questions!

Together in fitness and health,

Melissa Otterbein

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