

Hi

My name is Scott Ball, but I like my friends to call me Scotty. I'm becoming a healthier athlete because of Special Olympics. Four years ago I weighed 325 pounds – and have lost 71 pounds and now weigh 254. I ride the stationery bike for 40 minutes 5 times a week and do one arm and two arm curls in Power Lifting.

Every time there is a Healthy Athletes screening, I participate. I want to learn what is good for me and keep getting healthier. The screenings check my teeth, my eyes, even my hearing. They also give me ideas on good choices for food and exercise. My goal is to get down to 220 pounds, for a total weight loss of 105 pounds.

Thank you for your support of Special Olympics. Because of you, athletes like me, can get healthier. I hope you will support our state competitions because more screenings and Shape-Up information will be there for me and my teammates.

Thanks again. Your friend, Scotty

New Hope Bulldogs of Pittsburg