

FIND YOUR EXTRA • IDEA GUIDE

Host a 3.21 Fitness Challenge Event



Build a larger workout or wellness event around the numbers 3-2-1 and the idea of belonging.

3.21 Week: March 15–21, 2027 • Rock Your Socks Day: Fri, March 19 • WDSD: Sun, March 21 • Register at Celebrate321.org

Businesses

Go big

Create

Cost: \$–\$\$

WHY IT MATTERS

A fitness event brings people together, and everyone can move their own way.

HOW TO DO IT

- 1 Pick a date and format (class, challenge, or open gym).
- 2 Build the workout around 3-2-1 (page 2).
- 3 Offer seated and low-impact versions.
- 4 Invite the community and post the results.

WHAT YOU NEED

- Workout card (page 2)

PAIRS WITH THESE KITS

- Sports Rec League Kit

READY-TO-POST CAPTION

Join our 3.21 Fitness Challenge! All abilities welcome. #Celebrate321 #WorldDownSyndromeDay

GOOD TO KNOW

Use person-first language (“a person with Down syndrome”). Celebrate, never pity. Feet photos are great; share faces only with permission.

PRINTABLE

3-2-1 workout card

Post it, teach it, or run it as a class. Everyone moves their own way.



The 3-2-1 Challenge

3 moves • 2 rounds • 1 big finish

MOVE	SEATED / EASY	REPS	GO BIG
Squats	Sit-to-stand from a chair	21 reps	Jump squats
Arm circles	Seated arm circles	21 reps	Push-ups
March in place	Seated marching	21 reps	High knees

1 BIG FINISH

Hold a group sock pose for 21 seconds, then take a team feet photo!

MAKE IT FOR EVERYONE

- Show the seated version first
- Let people pick their level
- Cheer effort, not speed

EVENT PLAN

Date and time _____ Location _____

Format (class, challenge, open gym) _____ Accessibility plan _____

Lead _____

OUR VERSION (WRITE YOUR MOVES HERE)
