

FITNESS FOR EVERYONE

An advocacy guide for
people with disabilities



KEY FACTS ABOUT FITNESS

1 in 2

individuals with disabilities get no aerobic physical activity



Individuals with disabilities who get no aerobic physical activity are...

50% more likely to report at least one **chronic disease**

3x more likely to have **heart disease, stroke, diabetes or cancer**

82% more likely to be physically active if their doctor recommends it

Trust us, your doctor recommends it!



WHY IS EXERCISE IMPORTANT?

Controls weight

Combats diseases

Improves mood and brain function

Boosts energy

Promotes better sleep

Can be a fun way to socialize and make friends!



WHAT CAN I DO TO GET MORE FIT?

- 1 Find and list a few things you like to do.**
- 2 Connect those things with physical activities.**
- 3 Set small realistic goals.**
- 4 Decide where you would like to do the activity.**
- 5 Ask a friend or family member to be your workout buddy or to help you stay committed.**

EXAMPLES OF THE STEPS IN ACTION

EXAMPLE 1

Ben likes birds. Ben connects his love of birds and the activity of taking a walk. Ben sets a goal to go out for a walk 3 times a week. Ben asks his girlfriend Sarah if she would like to set the same goal and start walking with him.



EXAMPLE 2

Sarah enjoys talking with her friends. Sarah connects talking with her friends to the activity of joining a group fitness class together. Sarah sets a goal to attend the group fitness class 3 times a week with a friend. Sarah asks 2 of her friends if they will set similar goals and go to a group fitness class with her. Sarah asks her mom to help her find an adaptive group fitness class in town that is wheelchair accessible.



TIPS FOR FINDING & USING A FITNESS FACILITY

Ask your friends and support network for recommendations.

They are often the people who have the inside scoop on which fitness facilities do a great job offering adapted exercise options.

ASK for HELP

Ask a staff member for a tour and orientation to the fitness equipment.

Call a few gyms and community centers and interview them about service and cost.

“Hello, do you have any fitness classes or support for a person with intellectual and developmental disabilities? Or do you have a trainer who is trained in adaptive fitness? Or do you offer scholarships or sliding scale fee membership plans?”



- ✓ **Starting something new is sometimes hard – stick with it!**
- ✓ **People want to help, so ASK and ASK AGAIN.**
- ✓ **As you continue to exercise, you will get stronger and it will get easier.**
- ✓ **You can always find an exercise video on the internet that you can do at home.**

THINGS TO REMEMBER



Complete the Consumer Satisfaction Survey at
<https://www.surveymonkey.com/r/BCLMLHQ>

For Technical Assistance information please contact:

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