# Supporting Inclusive Fitness Practices in Our Community: A Needs Assessment

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IMPACT for Life partners with community organizations to promote the inclusion in fitness programs.



20-25 adults with disabilities



2 hours per week each



8 community fitness or sport programs





### Program Stakeholders

Community partner programs

Adults with disabilities

University student volunteers

"

I am involved in IMPACT for Life because it is important for me to get exercise and keep myself fit even though I have a disability.

I want to be in the community and do exercises so people see that I can do the same type of stretches and use exercise equipment like they do.

- Jonathan Jensen, *IMPACT for Life* Participant and Program Advocate

#### **Needs Assessment**







How is our partnership going?

**GOALS:** 

How can we better support adults with disabilities in community activity programs?

#### What we learned...

Shared value of inclusion

Disability awareness/comfort

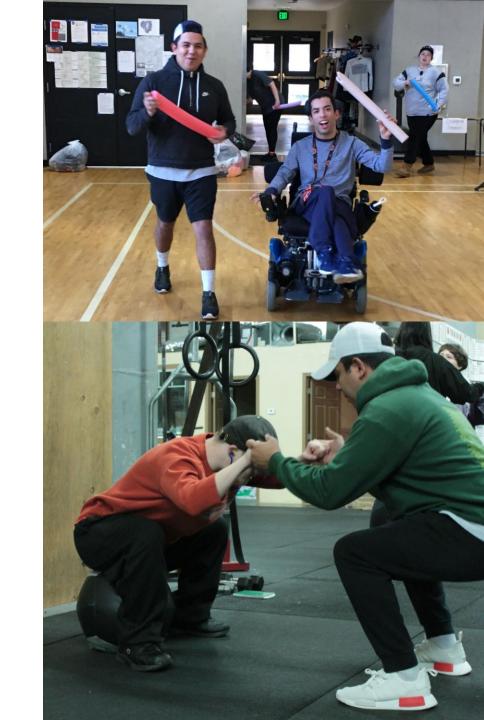
Recognized benefits of inclusion

Need for improved communication

Inclusive fitness training & Knowledge sharing

## Inclusive Fitness Training

- Modification & adaptations
- Inclusive strategies
- Disability awareness
- Goal-setting
- Self-advocacy





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