MOVEMENT IN THE PARK

"Class is fun – the

environment is fun

because of the

exercises, the music,

and my friends."

Self-advocate participant



HEALTHY ACTIVE LIFESTYLES

GOAL: Create a model of education, activities and community support to promote inclusive, healthy and active lifestyles for people with disabilities.

sustainals | stakingtens



WHYISITIMPORTANT?

WHAT IS MOVEMENT IN THE PARK?

Idaho's Healthy Active Lifestyles Project is designed to address public health inequities for adults with disabilities.

The Project objectives are to:

- 1. Develop inclusive community-based education on healthy active lifestyles.
- 2. Develop community-based accessible and integrated movement opportunities.
- 3. Develop a model for healthy active lifestyles through nutritional activities.
- 4. Promote effective and sustainable communication systems to keep people and families engaged.
- 5. Disseminate a plan for statewide implementation.

Movement in the Park addresses objective 2, providing adaptive group fitness classes three to four times per week in a local park or accessible community building. Classes are inclusive of all people.

Each 20-25-minute class promotes personal bodily autonomy, providing participants with the freedom to engage in their own way. This affordable option for physical activity can be replicated in any community.



77.27% very satisfied

18.18% satisfied

4.45% dissatisfied

Self-advocate participant

Participants with disabilities (n=22) reported high satisfaction with Movement in the Park.

78% of participants surveyed agreed that classes should be offered more than twice per week.

"I want to be physically active" is the most frequent response for participant motivation.

STAFFAND TRAINEE EXPERIENCES



When staff and trainees (n=8) were surveyed about their experience:

100% commented on the positive social opportunities this class provides.

75% continue to attend because of the supportive and comfortable atmosphere of the class.

50% observed an increase over time in confidence among participants with disabilities.

DID YOU KNOW

Physical, social and emotional well-being are determinants of a healthy active lifestyle.

Accessible and integrated fitness and social opportunities that are affordable for people with disabilities are limited in the state of Idaho.

To ensure that all people have equitable access to fitness, Movement in the Park is designed as a low-cost program easily replicated in other communities.

Individuals with disabilities "have four to six times the preventable mortality of the general population."

- American Journal of Preventative Medicine (2009)

"47% of those with disabilities aged 18-64 get no aerobic physical activity. Another 22% exercise some but not enough."

- CDC (2014)



"It's a chance to do more exercises,

burn more calories and make your

body feel good inside and out."

NOWIT'S YOUR TURN!

Scan our QR code for guidelines on how to replicate Movement in the Park in your community.



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Thank you to trainees for initiating movement activities in previous years: Morgan Flynn, Audrey Murray and Kiana Woods. Thank you to University of Idaho Movement Science Faculty. Thank you to contributing community advisory members: Jenna Garret and James Peterson.

Funded through the Department of Health and Human Services, Administration for Community Living, Idaho-Public Health Work Force Enhancement (Award number: 90UCPH0044-01-00).