Welcome!

We will start soon.

Save the Date

October 15

The Inclusive Fitness Coalition is BACK and ready for ACTION!

Join us for an Exploratory Webinar discussing the re-engagement work that has been done to strengthen the Coalition including our new Framework for Action: One Vision, Four Asks

We also want to hear from you! How can the Inclusive Fitness Coalition best support our organizational members?

IFC

www.incfit.org

11:30 am - 12:30 pm CT
Inclusive Fitness Coalition Co-chairs

**Dr. James H. Rimmer**
Director of the UAB/Lakeshore Research Collaborative and two federally funded centers, the National Center on Health, Physical Activity and Disability (NCHPAD) and the Rehabilitation Engineering Research Center on Interactive Exercise Technologies and Exercise Physiology for People with Disabilities (Rectech).

**James R. Whitehead**
Executive Vice President and CEO of the American College of Sports Medicine (ACSM), the world's largest professional organization devoted to Exercise and Sports Medicine.
ACSM/NCHPAD Partnership

IFC Launch - January 24, 2007
National Press Club - Washington D.C.
Mission Statement

The mission of the IFC is to facilitate coordination of organizations and individuals to address the complexity of personal, social, cultural, political, and economic factors that influence – positively or negatively – the participation of people with disabilities in physical activity, fitness, sports, and recreation. The IFC is charged with promoting equitable access to, and safe use of, fitness and recreational equipment, facilities, and programs, to help reduce debilitating secondary conditions associated with disability and a sedentary lifestyle.
Call to Action

• Create partnerships to expand accessibility
• Work with health care providers and organizations to increase physical activity for people with disabilities
• Advocate for research and technologies
• Recognize those who support the cause
Engage the Power of Business . . . Create Industry Partnerships

• Create partnerships with industries that serve the health and fitness and sports marketplaces in order to:
  – gain expanded accessibility for and receptivity to people with disabilities
  – increase availability of equipment that can be used safely and effectively by people
  – expand programs and properly trained staff who have the knowledge, skills and abilities to work with people with disabilities
An Excellent Prescription . . . .
Work with the Medical, Fitness and Disability Communities

- Gain commitments from health care providers and their organizations to increase counseling on physical activity and health issues to patients with disabilities
Make Multi-faceted Progress . . . From Science to Technology & Policy

• Advocate for substantial progress in:
  – scientific and medical research
  – exercise and recreational technologies
  – policy and environmental changes
Recognize and Assist Champions . . . Empower Collective Success

• Recognize, mobilize, and help coordinate individual and organizational champions that are strongly supportive of the cause of promoting physical activity and health for people with disabilities
• Establish a repository of Evidence-Based Inclusive PA Programs.

• Ensure that all PA campaigns are inclusive of people with disabilities.

• Increase percentage of physical activity venues and programs that meet ADA (and IFC) guidelines.

• Continue to expand industry and organizational partnerships.
• Develop policy brief(s) to reduce discriminatory and exclusionary practices in physical activity

• Assist communities in designing inclusive physical activity structures

• Be prepared for quick response/action to new initiatives

• Implement IFC Framework for Action including One Vision, Four Asks
Current Workgroups

**Policy**: Chair, Eli Wolff
- Supporting OCR’s further guidance
- Encouraging development of 504 task forces nation wide

**Health/Fitness**: Chair, Chris Mackey
- Supporting new ASTM standards on inclusive fitness equipment
- Producing informational toolkits for various target audiences
- Increasing CIFT’s with ACSM

**Inclusive Play**: Chair, Ingrid Kanics
- Support accessible playground database initiatives
- Work with US Play Coalition
- Adapted fitness testing options

**Veterans**: Chair, Michael Paul
- Develop central hub for vet sport/rec information; networking opportunities
- Support VA’s charge on mental health
Membership Update

• Currently over 210 member organizations
  – National and local level
  – Disability organizations
  – Medical and commercial fitness and rehabilitation centers
  – Mainstream fitness and exercise organizations
Coalition Milestones

2008 ACSM Inclusive Fitness Certification (CIFT)

2008 Physical Activity Guidelines include a chapter on people with disabilities

2010 ADA Standards for Accessible Design

2013 Dear Colleague Letter from Office of Civil Rights

2013 ASTM Specifications for Universal Design of Fitness Equipment for Inclusive Use by Persons with Functional Limitations and impairments & Test Method for Evaluating the Universal Design of Fitness Equipment
WHAT IS THE INCLUSIVE FITNESS COALITION?

The Inclusive Fitness Coalition is an expanded group of organizations and individuals representing a cross-section of the disability rights, sports, health/fitness and civil rights communities.

STATEMENT OF NEED

It is estimated that 56 million people report some type of disability. This significant portion of the population faces some of the greatest health risks associated with sedentary lifestyles. The Inclusive Fitness Coalition developed out of the need to address these health issues and create a unified effort to increase access to and participation in physical activity for youth, adults and seniors with physical, cognitive and sensory disabilities.
**KEY ISSUES**

**PHYSICAL ACTIVITY**
People with disabilities are much less likely than those without disabilities to engage in regular physical activity.

**CHRONIC CONDITIONS**
People with disabilities are at a higher risk for common chronic conditions such as diabetes, obesity, and heart disease as well as disability-related secondary conditions.

**INCLUSION**
People with disabilities are more likely to experience attitudinal, social and programmatic barriers that may limit their inclusion in physical activity, fitness, sports, recreation and physical education.

**HEALTH PROMOTION**
Healthy behaviors are just as important for promoting health and wellness and preventing disease in people with disabilities as they are for those without a disability. Yet, people with disabilities have been left out of many health promotion efforts.

**ACCESSIBILITY**
Many fitness and recreation facilities, outdoor spaces, and some types of fitness equipment are not accessible to people with disabilities making efforts to participate in physical activity very difficult.
Established in October 2009 to create a world-class research program in rehabilitative science linking Lakeshore Foundation’s extraordinary programs for people with physically disabling conditions with UAB’s research expertise.
UAB/Lakeshore Research Collaboration

Over the years Lakeshore has worked on numerous studies with researchers at the University of Alabama at Birmingham (UAB). So when Lakeshore began discussions on expansion in the research area, it made perfect sense to approach UAB about creating a more formal relationship.

In the fall of 2009, a first of its kind collaborative between a major academic research university and a non-profit organization serving individuals with physical disabilities was formed with one simple goal in mind, making people’s lives better. Today, the UAB/Lakeshore Research Collaborative, a joint effort between Lakeshore and UAB’s School of Health Professions, is well on its way to becoming a world-class research program in rehabilitative science. The collaborative links Lakeshore’s extraordinary programs for people with physically disabling conditions with UAB’s research expertise.

In December 2011, Dr. James Rimmer was named head of the UAB/Lakeshore Research Collaborative.

Rimmer was recruited from the University of Illinois at Chicago and Northwestern University Feinberg School of Medicine. An internationally known researcher in rehabilitation sciences, Rimmer has been developing and directing physical activity and health promotion programs for people with disabilities for 30 years. He has published more than 85 peer-reviewed journal articles and book chapters on various topics related to physical activity, health promotion, secondary conditions and disability. Rimmer directs two federally funded centers, the National Center on Health, Physical Activity and Disability (NCHPAD), and the Rehabilitation Engineering Research Center on Interactive Exercise Technologies and Exercise Physiology for People with Disabilities.

He strongly believes that people with disabilities or chronic conditions can and should have health and wellness and says, “Being physically active is good for every body.” This is the slogan on the website for NCHPAD which Rimmer heads with Associate Director Amy Rauworth.

Reauworth has worked with individuals with disabilities for over 11 years at The Center on Health Promotion Research for Persons with Disabilities located at the University of Illinois at Chicago in the Department of Disability and Human Development. She is a Registered Clinical Exercise Physiologist who conducts inclusive fitness trainings nationally on behalf of NCHPAD and specializes in accessible fitness center design.

She has lead the content development, synthesis and training within NCHPAD and coordinated the Inclusive Fitness Coalition which consists of over 200 organizations seeking to improve inclusive physical activity options within all communities across the United States. She now joins Lakeshore as the as the
Lakeshore’s Mission
To enable people with physical disabilities and chronic health conditions to lead healthy, active, and independent lives through physical activity, sport, recreation, and research.
Framework for Action

**Vision:** Create a unified effort to increase access to and participation in physical activity for youth, adults and seniors with physical, cognitive and sensory disabilities.

1. **Policy**
   - No child, youth or young adult with a disability left on the sidelines.
   - **Ask 1**

2. **Health and Fitness**
   - No person with a disability left out of health and fitness clubs due to lack of access.
   - **Ask 2**

3. **Inclusive Play**
   - No child with a disability being left indoors due to lack of inclusive play environments.
   - **Ask 3**

4. **Veterans**
   - No veteran with a disability left to re-engage in society without being served through inclusive sport and recreation.
   - **Ask 4**

**One Vision, Four Asks**
Inclusive Fitness Coalition

**Framework for Action**

**Vision:** Create a unified effort to increase access to and participation in physical activity for youth, adults and seniors with physical, cognitive and sensory disabilities.

**Policy**
No child, youth or young adult with a...
Strategic Advisory Group

- **Jeff Underwood**, President and CEO of Lakeshore Foundation
- **June Isaacson-Kailes**, Disability Policy Consultant
- **Cary Wing**, Ed.D., FACSM, Medical Fitness Business Advisor, National Speaker, Freelance Writer, and Social Media Specialist
- **Terri Lakowski**, Esq. CEO Active Policy Solutions
- **Lauren Howard**, Disability Consultant
- **Peter Axelson**, Beneficial Designs
- **Seanna Kringen**, Beneficial Designs
IFC Workgroups

**Policy**: Chair, Eli Wolff
- Supporting OCR’s further guidance
- Encouraging development of 504 task forces nation wide

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Policy Workgroup

ASK: No child, youth or young adult with a disability left on the sidelines.

• **NEED:** The benefits of providing all children an opportunity for exercise and sports participation goes beyond social justice and individual opportunity. There is a major epidemic of obesity among our youth and **even more so among our youth with disabilities.** By providing equal access in extracurricular activities for students with disabilities, we can begin to break down the barriers to physical activity these individuals often face and create a new culture of inclusion in our schools and communities.
Policy Workgroup Focus

• Support the Office for Civil Rights (OCR) issued Dear Colleague Letter clarifying school’s obligations under the Rehabilitation Act of 1973 to provide extracurricular athletic opportunities for students with disabilities

• Encourage and support the development of 504 task forces across the United States

• Catalog good practices to serve as examples for school systems in implementing inclusive sport opportunities

Are you an individual interested in public policy? We invite you to Join the Policy Workgroup! The IFC Policy Workgroup will focus on a comprehensive initiative to advance systemic change for individuals with disabilities through a coordination of policy, advocacy and education efforts.
Health and Fitness Workgroup

• **ASK:** No person with a disability left out of health and fitness clubs due to lack of access.

• **NEED:** People with disabilities continue to be excluded from health promotion and fitness because of the barriers they experience getting to and into facilities, finding accessible exercise equipment and programs, and locating a fitness professional who they can afford and is knowledgeable about their disability. This workgroup will focus on creating less unfriendly fitness and recreation environments for people with disabilities in order to impact the health risks associated with sedentary lifestyles often seen in this population.
Health and Fitness Workgroup Focus

• Increase inclusion and reduce barriers faced by people with disabilities in health and fitness settings by providing various toolkits to educate a wide-range of target audiences including consumers, fitness professionals, and health club owners/staff.

• Increase awareness of the Inclusive Fitness Coalition by providing information and resources at health/fitness conferences on a national level.

• Address social stigmas through advocacy materials targeting people with disabilities in health and fitness settings.

• Support the new ASTM International standards on Inclusive Fitness Equipment.
Inclusive Play Workgroup

• **ASK:** No child with a disability being left indoors due to lack of inclusive play environments.

• **NEED:** A healthier and safer world can be created for all children through access to play. Physical inactivity is high among all children and even truer for children with disabilities who experience 4.5 times greater levels of inactivity. We need to get kids with disabilities out of their homes and away from sedentary behaviors such as watching television and non-active video gaming to ensure healthier and active generations to come. In addition, children with disabilities should be afforded the same opportunities in physical education as children without disabilities thus a need for training and education in inclusive P.E. is warranted within this ask.
Inclusive Play Workgroup Focus

• Work with the U.S. Play Coalition to tackle issues regarding Inclusive Play
• Increase knowledge of inclusive play space design
• Support efforts regarding the development of a national accessible playground database
• Increase knowledge translation and awareness regarding inclusive physical education
Veterans Workgroup

• **ASK:** No veteran with a disability left to re-engage in society without being served through inclusive sport and recreation.

• **NEED:** There are approximately 23.2 million military veterans in the United States with roughly 5.5 million reporting any type of disability. Of those, 1.8 million veterans report mental health problems. This workgroup was established to enable our injured soldiers, sailors, airmen and other veterans with disabilities to exercise and participate in sport and recreation again while providing hope and health on a variety of levels.
Veterans Workgroup Focus

• Develop a central hub where veterans with disabilities can seek information on sport, fitness, and recreation
• Provide networking opportunities for veterans and a forum for communication about experiences with programs in the fitness, sport and recreational arena
• Support the VA’s charge on mental health by developing awareness materials to reduce social stigmas associated with PTSD and other mental health issues
• Facilitate healthy caregiving by gathering resources to support healthy and active lifestyles for caregivers working with a veteran with a disability
Housekeeping Items

1. Check your organization's membership listing
2. Follow new Twitter handle @IncFitCoalition
3. IFC Calendar- send events to incfit@lakeshore.org
4. Coalition News- send news to incfit@lakeshroe.org
5. IFC Quarterly Newsletter: Submissions due October 29th
Members of the Inclusive Fitness Coalition include nationally recognized organizations in exercise, sports, fitness, and disability as well as industry leaders in areas such as exercise equipment, health promotion, parks and recreation and more.

- Receive Organizational Membership listing, description and direct link to your website from the Coalition's site
- Use of Organizational Member logo

210 Organizational Members and growing!

Individuals may also join the Inclusive Fitness Coalition as a Workgroup Member. We welcome any individual that has a passion and drive to support our unified effort.

- As a member, you can play a formative role in our Framework for Action while providing advice and support on issues related to inclusive health promotion and physical activity.

732 Individuals and growing!
IFC Membership Benefits

**National Level**
- Connectivity to legislative/policy updates and news releases
- Quarterly Coalition newsletter
- Networking opportunities

**National Level**
- Resources from the National Center on Health, Physical Activity and Disability (NCHPAD)
- Individualized technical assistance from highly-trained Information Specialists

**Local Level**
- Unique opportunity to serve on one of the Coalition’s four specialized workgroups
- Enhanced communication with other organizations
- Support workgroup’s priority tasks

**Local Level**
- Information sharing of resources and promising practices
- Representing IFC at local events and fostering inclusion in your communities
- Sharing your organization’s events with IFC members and on the IFC website

Creating a collective voice toward a common cause
Open Discussion

• How can IFC best support your organization?
• Feedback on our re-engagement work.
• Questions and thoughts for the Coalition moving forward.
Next Steps....

• IFC Workgroups will start to have bi-monthly calls

• To join a workgroup go to it’s page on the IFC website
  – Policy
  – Health and Fitness
  – Inclusive Play
  – Veterans
Thank you!

Contact Information:
incfit@lakeshore.org
Coalition Coordinator Direct Voice:
205.313.7447
www.incfit.org

We look forward to Actively Moving Forward with you all!