

March 2009

## Announcement of Physical Activity Guidelines

### 2008 Physical Activity Guidelines for Adults with Disabilities



Physical Activity Guidelines for Americans



The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amounts of physical activity that offer substantial health benefits to Americans.

Being physically active is one of the most important steps that Americans of all ages can take to improve their health. *The 2008 Physical Activity Guidelines for Americans* provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. These benefits are even more important if you have a disability, since people with disabilities have a tendency to live less active lifestyles.

The main idea behind the Guidelines is that regular physical activity over months and years can produce long-term health benefits. The following is a list of Physical Activity Guidelines for Adults with Disabilities from the U.S. Department of Health and Human Services:

- Adults with disabilities, who are able to, should get at least 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity per week.
- Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days per week, as these activities provide additional health benefits.
- When adults with disabilities are not able to meet the Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

You can check out the complete set of guidelines here: <http://www.health.gov/paguidelines/default.aspx> or for a PDF version visit <http://www.health.gov/PAguidelines/pdf/paguide.pdf>

## Congratulations, Mr. President!

### A Letter to President Obama

We are very excited about your desire to make America and the world a better place for *all* individuals. Our interest here at IFC is to make it a better place for people with disabilities. We're ready to roll up our sleeves and work alongside your health care reform team to rebuild a society that includes an expansive health promotion program for people with disabilities.

As you know, the deep financial collapse of our economy will disproportionately affect people with disabilities, many of whom depend on social services to make ends meet. We believe that health promotion is an important way to anchor a person's life during times of financial exigencies and deep unemployment.

This time around, we need to rethink how we can promote wellness among people with and without disabilities. The mantra for reducing health care costs -- exercising more, eating better, not smoking, limiting alcohol intake, staying socially connected, and maintaining a healthy weight -- doesn't seem to be resonating for many people with disabilities.

Several national data sets paint a bleak picture of the much poorer health among people with disabilities compared to the rest of the population. Youth and adults with disabilities are more overweight, have a higher rate of unemployment, deal with pain, fatigue, depression and other secondary conditions associated with their disability, and may have little disposable income to purchase health-enhancing products such as exercise equipment, health club memberships, and healthier foods. They can ill-afford to have a downturn in health, and yet when told by their doctor to exercise or lose weight, they are rarely, if ever, given the resources or knowledge to do so.

So here are a few suggestions that we hope you will consider as you begin to explore new ways to promote the health of people with disabilities:

1. Within your plan to rebuild the nation's transportation infrastructure, consider how you can provide people with disabilities greater access to all forms of transportation. Many experts have noted that one of the worst hardships for people with disabilities is lack of transportation. The more people are out of their

homes and actively participating in community activities, the more likely they will be able to improve their physical and psychological health.

2. Make exercise part of your medical prescription plan. It is one of the most cost effective ways to improve overall health, including reducing the risk of falls and depression, improving cognition, lowering the risk of cardiovascular disease, certain forms of cancer, and type 2 diabetes, and helping to maintain a healthy weight. A report by the Department of Health and Human Services in October of 2008 highlights the benefits of exercise for people with and without disabilities. The one problem, however, is that many people with disabilities cannot afford exercise equipment or a health club membership. That is why we need universal exercise coverage that will be affordable and accessible to people with disabilities.
3. Encourage the business community to subsidize inexpensive computers for people with disabilities who cannot afford one. Your campaign was quite successful in promoting your candidacy across the Internet, and we can do the same for disseminating information that incentivizes people with disabilities to manage their health better. There is a wealth of health-related information on the Internet that people with disabilities currently cannot access because they may not have a computer. Open the Internet highway so that they can promote their own health and stay connected with others who have a similar health condition or disability.
4. Create a *Peace Corps* of volunteers who are ready and willing to promote the health of other members in their community. Something as small as driving a neighbor with a disability to a gym once or twice a week or taking an older adult with Alzheimer's for a walk up and down the block could be a great way to reduce the debilitating effects of a sedentary lifestyle while promoting health (and reducing social isolation) among neighbors who are stuck in their home for much of the day.

And so, President Obama, we at IFC are confident that your new approach to rebuilding our communities from the ground up will pay dividends to everyone in those communities – including people with disabilities. Let's use this opportunity for change to gather good thoughts about our future and begin to think positively about how we can integrate people with disabilities into the infrastructure of society so that everyone has an equal opportunity to improve their health, happiness, and wellbeing.

## New ASTM Initiative: “Inclusive Fitness Equipment Standards”

By Amy Rauworth, MS, RCEP

F08 on Sports Equipment and Facilities



Many people with disabilities can get into a fitness facility, only to find that there is no equipment that is accessible. The American Society for Testing Materials (ASTM) has launched an initiative to create inclusive fitness equipment standards.

The Americans with Disabilities Act (ADA) secures equal opportunity for individuals with disabilities. Title III of the ADA applies to public accommodations in particular, which are private entities that are open to the public, including fitness centers. Thus, the intent of the ADA is that people of all abilities be able to access all public accommodations, including fitness centers, and engage in use of all membership benefits equally, including access to the fitness equipment. At this time, this legal approach addresses the built environment, but what good is it if a person with a disability can enter the building but cannot use any of the equipment?

To address this barrier and to support universal design, a task group is being initiated to further develop standards for fitness equipment design through ASTM F08.30 Fitness Products (see F08.30 Fitness Products Scope below and at <http://www.astm.org/COMMITTEE/F08.htm>). The focus of this task group is to facilitate access to mainstream fitness equipment to a wider range of the population across all abilities (see WK19803 Scope below).

The foundation of this work is built upon the existing developments of Beneficial Designs in Minden, NV and the Inclusive Fitness Initiative (IFI) in the United Kingdom (UK). Beneficial Designs developed the draft Universal Design Fitness Equipment Guidelines for the United States through a National Institutes of Health Phase I grant (<http://www.beneficialdesigns.com/udqfe/index.html>), while the IFI developed the Inclusive Fitness Initiative Equipment Standards currently used throughout the UK (<http://www.inclusivefitness.org/inclusive-fitness-initiative/background/>). Beneficial Designs and the IFI have created a formal working relationship through the University of Illinois at Chicago's Rehabilitation Engineering Research Center on Recreational Technologies and Exercise Physiology Benefiting Individuals with Disabilities (RERC RecTech, <http://www.rectech.org>), funded through the National Institute

on Disability and Rehabilitation Research.

Technical standards are developed by consensus. By working with persons with disabilities, equipment manufacturers, exercise professionals, fitness providers, and other interested organizations and technical experts, guidelines are developed that can be embraced by the industries that need them. These guidelines will enable fitness equipment manufacturers to more effectively design equipment that can be used by people of all abilities. Design standards are the most effective tool to impact the fitness industry. Manufacturers will be able to design their equipment according to the established standards. Fitness centers will be able to refer to the standards when selecting fitness equipment. People with disabilities will be able to identify which equipment meets their personal needs. The IFI has already made significant progress with the development of fitness standards for the UK and this acquired experience will be a substantial advantage in formulating a uniform set of standards for inclusive, accessible fitness equipment in the US and UK and a positive step toward creating global standards. As fitness equipment accessibility increases through the applications of universal design, all Americans will have the opportunity to achieve the benefits of physical activity.

To learn about the principles of universal design, go to:

[http://www.design.ncsu.edu/cud/about\\_ud/udprinciplestext.htm](http://www.design.ncsu.edu/cud/about_ud/udprinciplestext.htm).

To become a member of the ASTM F08.30 Fitness Products task group (students are free), go to: <http://www.astm.org/COMMIT/MEMBERAPP/index.html>.

For more information about ASTM, go to: <http://www.astm.org>.

#### Meeting Details:

**Title:** Sports Equipment and Facilities

**Dates:** Tuesday, May 19, 2009 - Thursday, May 21, 2009

**Location:** Hyatt Regency Vancouver; Vancouver, BC CA

F083000 Sessions:

TG Inclusive Fitness: Wednesday 08:00AM - 12:00PM

Fitness Products: Thursday 08:00AM - 04:00PM

#### F08.30 Fitness Products Scope

Standardization of specifications, test methods and practices for sports equipment, surfaces, and facilities to reduce inherent risk of injuries and promote knowledge as it relates to these standards. The committee shall coordinate this work with other ASTM technical committees and other organizations in this area.

#### WK19803 New Inclusive Fitness Equipment Design Scope

This guide provides recommendations for designers of fitness equipment to consider when they are designing fitness products to be utilized by individuals with disabilities. When applied in conjunction with applicable ASTM fitness equipment standards, the resultant fitness product will accommodate a wider range of users of all abilities while preserving the intent of the original standard. Fitness is not just for non-disabled individuals. Fitness products that are designed for use by all individuals need to be designed with specific parameters considered.

For comments and feedback, please feel free to contact Amy Rauworth at [rauworth@uic.edu](mailto:rauworth@uic.edu).

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### Updates from our members . . .

#### Action Alert from the Special Olympics:



#### Spread the Word to End the Word

The 2009 Special Olympics World Winter Games took place this past February in Boise/Sun Valley, Idaho. This annual event united nearly 2,000 athletes from roughly 100 countries. In conjunction with these Winter Games, a congregation of 130 young leaders with and without intellectual disabilities came together for a week-long activation summit focusing on one key issue: ending the use of the R-word. These young people have found their power and are leading an effort for Special Olympics called "Spread the Word to End the Word".

That R-word is not "recession," but something more hurtful and painful – "retard". In an effort to "Spread the Word to End the Word", Special Olympics is asking for

March 31st, 2009 to be recognized as a national day of awareness for all of America to stop and think about their use of the R-word. On this day young people across the country will lead local efforts to raise awareness and collect pledges on [www.r-word.org](http://www.r-word.org) from peers and the community to vow not to use the R-word.

Although people don't often think of this word as hate speech, that is what it feels like for people with intellectual disabilities, their friend and families. As members of the Inclusive Fitness Coalition, I encourage you to share information about this campaign with your partner organizations, colleagues and friends. Let's commit to spread the word to end the word!

## Workgroup Updates and Progress

### INCLUSIVE PLAY

**Chair: Amy Jaffe Barzach**

**Contact: Jessica Madrigal**  
[jmadri1@uic.edu](mailto:jmadri1@uic.edu)

The Inclusive Play workgroup has been hard at work gathering information on play components that make a playground inclusive and accessible. We are eager to finalize this list as our main goal is to create a survey that will allow consumers to assess their playground. Once the survey is completed, consumers will be able to enter the data into a searchable database that others can use to find playgrounds with inclusive and accessible elements in their neighborhoods.

### HEALTH CLUBS

**Chair: Cary Wing**

**Contact: Cary Wing**  
[cwing@medicalfitness.org](mailto:cwing@medicalfitness.org)

The Health Clubs workgroup is going to be stepping into Spring with a call to re-group in early April. Having gathered fresh information from the 28th Annual IHRSA International Convention and Trade Show, the workgroup is interested in gathering any other articles of interest that may pertain to the designated short and long term goals of the group. Please send article submissions to Cary at the email address listed above.

## VETERANS AND REHABILITATION

**Chair: Ronda Jarvis Ray**

**Contact: Ronda Jarvis Ray**

[rjarvis-ray@woundedwarriorproject.org](mailto:rjarvis-ray@woundedwarriorproject.org)

We are pleased to announce Ronda Jarvis Ray has accepted our invitation to chair the Veterans and Rehabilitation workgroup! Although we have previously covered information about Veterans Adaptive Activities Days and National Veterans Wheelchair Games, we are interested in gathering information on other topics related to physical activity, veterans and rehabilitation. Anyone interested in joining the workgroup or wishing to contribute content related to veterans and rehabilitation should contact Ronda at the email address listed above.

## POLICY

**Chair: Stay tuned for announcement!**

The Policy workgroup was created out of a need to reduce and eliminate discriminatory practices in physical activity. This can be done by gathering data and creating briefs to share with others. At our stakeholder meeting in October, it was announced that the group was looking for a chairperson. We hope to announce the new chairperson within the next few weeks. Stay tuned to the website and look for an email from the listserv with the announcement in the coming weeks. If you have any suggestions for website content, please contact Jessica Madrigal at [jmadri1@uic.edu](mailto:jmadri1@uic.edu).

## Events and Conferences

- ✓ **World Sport Chicago BOCCIA "Train the Trainer" Program**

Saturday, March 28th, 2009 from 9am to 4pm  
Marquette Park  
6743 South Kedzie Avenue Chicago, IL 60629

The session will be led by Kathy Brinker and Cathy Drobny, the foremost boccia experts in the country. Kathy has 19 years of boccia experience as a volunteer coach with the local Windy City Warriors. She is an international and national referee and hosted national games in 2006 and 2007 in Chicago. Cathy Drobny is a local coach in Kansas, and a national and international referee. She has been a part of boccia at every Paralympics since Seoul in 1988.

Contact: Pamela J. Redding  
(312) 784-6030

[predding@worldsportchicago.org](mailto:predding@worldsportchicago.org)

Website: [worldsportchicago.org](http://worldsportchicago.org)

✓ **Medical Fitness Week April 20-26, 2009**

The goal of this MFA initiative is to promote an increase in physical activity levels in all ages and to highlight the medical fitness difference. Please feel free to contact me with any questions.

Website: [www.medicalfitness.org](http://www.medicalfitness.org)

Contact: [education@medicalfitness.org](mailto:education@medicalfitness.org)

✓ **Medical Fitness Institute, June 11-14, 2009, Vanderbilt University, Nashville, TN**

Are you registered for the Medical Fitness Institute? Develop your full potential! MFI will address the growing need for educated, talented individuals to manage medically integrated health and fitness centers. The three day program will highlight a variety of topics directly related to the operational success of medical fitness centers and the development of industry leaders for this growing field.

Website: [www.medicalfitness.org](http://www.medicalfitness.org)

Contact: [education@medicalfitness.org](mailto:education@medicalfitness.org)

✓ **Club Industry 2009 Call for Papers**

Club Industry 2009 is accepting abstracts for its Conference, to take place October 14-17 at the McCormick Place Convention Center in Chicago, IL.

Club Industry has changed its submission process and is no longer asking you to submit your proposal through email. A new web-based form collects your information into a data file that makes the selection process easier and more streamlined.

To learn more about becoming a speaker please visit the Club Industry website:

<http://national.clubindustryshow.com/National2009/public/enter.aspx>

Speaker information can be found by clicking on the "Conference Program" tab on the right and then "Become a Speaker". The deadline for submission is March 27, 2009.

## Research Announcements

✓ **Adapted Physical Education Assessment Scale**

The Adapted Physical Education Assessment Scale (APEAS) has been used for more than 25 years to provide demographic data for students 4½ to 17 years old. An updated version of this important tool has recently been released. APEAS II measures perceptual motor function, object control, locomotor skills, physical fitness, and adaptive behaviors that might limit a student's ability to participate in general physical education. Produced by the American Association for Physical Activity and Recreation (AAPAR), and in cooperation with the Los Angeles Unified School District, APEAS II can help instructors identify who qualifies for extra consideration.

Website: [www.aapar-apeas.org](http://www.aapar-apeas.org)

Contact: [aapar@aahperd.org](mailto:aapar@aahperd.org) or call (703) 476-3430

## Resources Available

✓ **New Release: Autism Exercise DVD**

Exercise has a tremendous impact on all children, and is vital for the development of children with Autism Spectrum Disorders (ASD). The Exercise Connection teaches over 25 exercises that can be implemented at home, in school, at the park, or in the gym. As David educates the viewer, two children, Nick and Clark, who have autism, are performing the exercises. The exercises are developmentally appropriate and parents can do them with their child, providing parents the opportunity to be seen as leaders in health and fitness.

Website: [www.ecautism.com](http://www.ecautism.com)

Contact: David Geslak (630) 418-4050

## Job Postings

✓ **Consultant – Disability Policy**

Overview: Spearhead the execution of the Women's Sports Foundation public policy and advocacy work for individuals with disabilities. Objective includes securing federal legislation or regulations to increase school-based opportunities for students with disabilities in sports and physical education. Duties will include lobbying members of Congress, meeting with regulatory agencies, building coalition and organization support, and creating resources and materials to support the campaign efforts.

To apply: Interested candidates should e-mail their cover letter, with consultant fee requirements, resume and three references to Terri Lakowski, Public Policy Director, at [TLakowski@womenssportsfoundation.org](mailto:TLakowski@womenssportsfoundation.org).