

National Physical Fitness and Sports Month

This month all IFC members are encouraged to team up with the President's Council on Physical Fitness, Sports, and Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge you to include 30 minutes of physical activity each day. Physical activity increases your chances of living longer, and also reduces your risk of high blood pressure, heart disease, and some types of cancer.

The Physical Activity Guidelines for Americans recommend 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes walking fast, dancing, or raking leaves. Do strengthening activities, like sit-ups and pushups, at least 2 days a week. By getting active, you will sleep better, strengthen your bones, and lower your risk of depression.

No matter what shape you are in, together we can rise to the challenge to get more active during the month of May. For more information, visit <http://www.healthfinder.gov/nho/maytoolkit.aspx#announcement> and join the President's Council on Fitness, Sports & Nutrition in promoting physical activity!

Follow the President's Challenge (@preschal) on Twitter and retweet their messages every Tuesday and Thursday as well as during the following events throughout the month:

- National Physical Fitness and Sports Month (May 1-31)
- National Women's Health Week (May 8-14)
- Bike-to-Work Week (May 16-20)
- National Employee Health and Fitness Day (May 18)
- National Senior Health Fitness Day (May 25)

Please feel free to contact the President's Council with any questions about National Physical Fitness and Sports Month via email at fitness@hhs.gov.

U.S. Access Board Seeks Comment on Access to Shared Use Paths

The Access Board seeks public comment on a new initiative to develop accessibility guidelines for shared use paths which provide a means of transportation and recreation for various users, including pedestrians, bicyclists, skaters, and others, including people with disabilities. The new guidelines will provide technical provisions for incorporating accessibility into the construction or alteration of shared use paths covered by the Americans with Disabilities Act and, in the case of those federally funded, the Architectural Barriers Act.

Through a notice published on March 28, the Board invites comment on the guidelines to be developed, including their scope of coverage and the definition of "shared use paths." The Board also seeks feedback on draft technical provisions that address various features of paths, including surface characteristics, width, grade and cross slopes, changes in level, surface joints and openings, protruding objects, gates and barriers, and intersections and curb ramps. The notice explains these provisions and poses questions to the public on specific topics.

This rulemaking will complement guidelines the Board is developing for outdoor developed areas, including trails, and public rights-of-way. Public comments previously received in these rulemaking efforts urged the Board to specifically address shared use paths which differ significantly from trails and public sidewalks in their use and design.

Shared use paths are primarily designed for bicyclists and others for off-road transportation, such as commuting to work, as well as for recreation purposes.

The notice includes instructions for submitting comments, which are due by June 27, 2011. The notice can also be accessed, and comments submitted, through www.regulations.gov. For further information, contact Peggy H. Greenwell at greenwell@access-board.gov (email), (202) 272-0017 (voice), or (202) 272-0075 (TTY).

Sign up on www.regulations.gov to receive updates on this rulemaking.

IFC Policy Group Launch

The Inclusive Fitness Coalition (IFC) is a national coalition of over 180 organizations dedicated to addressing the policy, environmental, and societal issues associated with the lack of inclusion and access to physical activity among people with disabilities. As part of this work, the IFC has launched a policy working group to oversee a comprehensive initiative to advance systemic change for individuals with disabilities through a coordination of policy, advocacy and education efforts.

The overall strategy for this group will be built upon three main tactics to create a national advocacy movement for the inclusion of people with disabilities in all areas of physical activity:

- 1.** To encourage relevant advocacy organizations to build an IFC agenda into their efforts.
- 2.** To target key areas that can be influenced by persuading professional and trade associations to encourage their individual members to take action.
- 3.** To adopt existing Calls to Action that are "unfinished business."

Long-Term Policy Goals:

- To advance federal and state policy to expand physical activity and athletic opportunities for individuals with disabilities.
- To educate policymakers about the importance of healthy lifestyles for individuals with disabilities and the need to adopt an inclusive approach to policy reform.
- To increase Coalition membership to include more national, state and local organizations, experts and advocates that can serve as referral systems and networks to connect people with disabilities to physical activity opportunities in their local community.
- To advance the policy initiatives of the other IFC workgroups.

2011 Strategy

The Policy Workgroup's core issue for 2011 will be to address the barriers inhibiting children and youth with disabilities from participating in sport and physical activity programs.

For youth to develop into self-aware, civically engaged, contributing members of society, they require equal access to resources that will enable them to feel safe, healthy and included. Youth with disabilities, however, are consistently excluded from participating in mainstream society and fully accessing these resources. Many individuals with disabilities would tell you that their exclusion is due to:

- ✓ physical and attitudinal barriers
- ✓ stigma and stereotypes
- ✓ a chronic lack of opportunity

Although society has significantly improved the treatment and inclusion of individuals with disabilities since the passage of the Americans with Disabilities Act (ADA) of 1990 and the Rehabilitation Act of 1973, people with disabilities are still facing pervasive

inequities in physical activity programs and sports programs, particularly in our educational institutions. Comprehensive change is needed to address the systemic exclusion and discrimination students with disabilities face specifically in regards to physical activity opportunities and resources for sports participation.

Policy Objectives

- ✓ To educate parents, students, and coaches on the rights of people with disabilities pertaining to physical activity, physical education, and sport so that they can become local advocates for inclusion.
- ✓ To provide technical assistance to pre- and post-secondary administrators and leaders as well as non-school sport and physical activity providers so that they can develop internal policies and practices to improve compliance with the ADA and the Rehabilitation Act.
- ✓ To develop a national resource center of resources, trainings, model best practices, and technical assistance for increasing the participation of youth with disabilities (ages 8 – 22) in physical activity and sports.

To learn more, or join the group, please call IFC at (312)-996-5486, or submit your information to <http://incfit.org/contact>. To view the latest resources collected by the group visit <http://incfit.org/node/563>.

Congressional Briefing Update

The Inclusive Fitness Coalition along with Representative Kind hosted a briefing on “*Preventing obesity in children and youth with disabilities through participation in physical activity*” on March 15, 2011 in the Congressional Hearing Room North at the Capitol Visitor Center.

Speakers

Jim Whitehead
Executive Vice President, ACSM
Executive Committee Co-Chair, IFC

Representative Kind
Chair, Congressional Fitness Caucus

James Rimmer, PhD
Director of NCPAD, RERC Rectech, and
Obesity DRRP
Executive Committee Co-Chair, IFC

Casey Followay
Student Athlete, Wooster, OH

Lisa Followay
Parent, Wooster, OH

Charlie Huebner
Chief of U.S. Paralympics

Terri Lakowski
Policy Chair, IFC

Ricardo Soto
Office for Civil Rights

Topics Covered

- ✓ Importance of physical activity for individuals with disabilities.
- ✓ Prevalence of obesity and obesity-related secondary conditions in youth with disabilities.
- ✓ Current state of opportunities/participation for youth with disabilities.
- ✓ Barriers and challenges for youth with disabilities to engage in physical activity.
- ✓ Congress’ role in helping individuals with disabilities in physical activity settings.

Adaptive Sports Iowa Helping All Iowans Get Active

Originally Posted by Shellie Pfohl, Executive Director of the President's Council on Fitness, Sports & Nutrition on April 22, 2011 in the Let's Move Blog.

Iowa is getting healthy. Iowa is getting active. And, in March, a new statewide initiative was launched that aims to help all Iowans join in the fun.

[Adaptive Sports Iowa \(ASI\)](#), housed within the Iowa Sports Foundation, is a new organization dedicated to expanding opportunities for Iowa's population of individuals with physical and visual disabilities to engage in regular physical activity. The goal of ASI is to be the driving force to collaborate and implement these much needed sport and recreation programs throughout the state. This is very much in line with the First Lady's Let's Move! initiative, which works towards getting all kids healthy and active, including those with disabilities.

"Iowa has a significant need and we intend to address it. Approximately 100,000 Iowans under the age of 64 live with a physical disability," said Mike Boone, director of Adaptive Sports Iowa. "Adaptive Sports Iowa will forever change the landscape of sport and recreation in Iowa."

U.S. Paralympics, a division of the U.S. Olympic Committee, assisted in launching Adaptive Sports Iowa by providing a \$25,000 grant that will help ASI identify and serve injured military personnel and youth with physical and visual disabilities who want to participate in sports and live a healthy, active life.

"This effort addresses two ongoing national priorities and two of my primary missions in Congress: increasing opportunities for individuals with disabilities and helping communities remove the barriers to health and wellness. I was encouraged when I met

with some of these young athletes in my office and I saw in their eyes the promise of what they could achieve through this program," said Senator Tom Harkin (D-IA), Chairman, Senate Health, Education, Labor and Pensions Committee and the Appropriations Subcommittee on Labor, Health and Human Services, Education and Related Agencies .

"I applaud the U.S. Olympic Committee's leadership in promoting physical fitness in general, and in promoting athletic opportunities for students with disabilities in particular. I look forward to seeing the Paralympic sport program grow over time," Senator Harkin added.

During the Adaptive Sports Iowa Summit, held March 8 in Des Moines, 75 program leaders from across Iowa came together to change the direction of the Paralympic sport movement in their state. Opportunities for ongoing, daily physical activity for individuals with physical and visual disabilities have been identified and programs are set to begin in the coming months.

"Since I came to Congress, I've met with too many of my constituents who've come back injured after serving our country. For some of these young men and women, their bodies and their lives will never be the same," said Congressman Bruce Braley (IA-01). "But we can ensure that they have the opportunity to engage in the same competitive, athletic activities they loved before their service and injuries.

"Programs like the Paralympics and Adaptive Sports Iowa are invaluable to all Iowans. From giving wounded warriors a chance to reclaim their lives, to getting our kids off the couch and involved in sports – these programs benefit so many lives not just through competition, but through encouraging a long, healthy and active lifestyle. I am proud to support these efforts," Congressman Braley added.

Research shows that daily physical activity for persons with physical disabilities

enhances self-esteem, reduces stress and secondary medical conditions and enhances achievement levels in education and employment. Additionally, a recent Government Accountability Office report emphasized the need in communities and schools for expertise and training to provide physical education programming and activity for persons with physical disabilities.

"Key themes from the Iowa Summit included the need for more Paralympic awareness, technical assistance and training. Due to our infrastructure, brand power and coaching expertise, these are areas where the U.S. Olympic Committee can provide ongoing support," said Charlie Huebner, USOC chief of Paralympics. "We are hearing these same requests from communities throughout the country, and as a result, the USOC Paralympic Sport Club program has grown to 132 communities since 2008, with a goal of having programming in 250 communities by 2012."

One of ASI's first activities will be to lead a team of riders with physical and visual disabilities in the legendary Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI). RAGBRAI is a challenging, weeklong ride that takes cyclists several hundred miles across the state. The event is well-known across Iowa and, until now, hadn't been very accessible for cyclists with physical and visual disabilities, due to accommodation and transportation challenges. The ASI team will not only allow cyclists with physical and visual disabilities to get out and experience this incredible event by breaking down some of those barriers, but it will also help spread the message and mission of ASI across Iowa.

"This new program isn't just lip service. Adaptive Sports Iowa will serve individuals with disabilities and help them be physically fit, emotionally well-adjusted, and continue living productive lives," said Brad Waller, Iowa Sports Foundation board member and wheelchair athlete from West Des Moines.

For more information, visit <http://www.letsmove.gov/blog/2011/04/22/adaptive-sports-iowa-helping-all-iowans-get-active>

Source:

Pfohl, S. (2011, April 22) Adaptive Sports Iowa Helping All Iowans Get Active. Retrieved May 10, 2011, from <http://www.letsmove.gov/blog/>

What is Going on in Your State?

Through networking with IFC members, we know there are many valuable resources related to topics of interest to all IFC members in circulation. In the upcoming months we will continue to collect those resources on our website for you to view and share. Currently, resources for each IFC workgroup are being collected on the IFC website.

- ✓ For resources on health and fitness clubs visit <http://incfit.org/node/235>.
- ✓ For resources on playgrounds and play areas visit <http://incfit.org/node/238>.
- ✓ For resources on policy visit <http://incfit.org/node/563>.

This month we are featuring information from our friends at the New York State Inclusive Recreation Resource Center (www.nysirrc.org). This Resource Center assesses amenities, including fitness facilities throughout New York and sorts it all into one, easy to use online database under "Find Recreation". They provide many ways for you to get involved in promoting inclusion for all people.

- ✓ You can attend Inclusion U, and become a certified Inclusivity Assessor
- ✓ You can become a trained volunteer with the Recreation Referral Service
- ✓ You can invite center staff to your agency for technical assistance and training
- ✓ You can join an Inclusive Recreation Regional Advisory Committee

Contact the New York State Inclusive Recreation Resource Center for more information via phone at (607) 753-4833 or via email at InclusiveRec@cortland.edu.

Get Connected!

Welcome New Organizational Members!

Adaptive Sports Association
Adaptive Sports Program of Ohio
Arizona Disabled Scuba Divers Foundation
AXIS Dance Company
Bay Rea Outreach and Recreation Program (BORP)
Buddies In ACTION
Built Environment, Accessibility, and Mobility Study
City of Alameda Commission on Disability Issues
City of Phoenix Adaptive Recreation Services
Disabled Sports USA Far West
Dreams For Kids DC
Far West Wheelchair Sports
Fitness Arch
Fitness Therapy Unlimited
Focus Design Services
Future Collegiate Athletes with Disabilities
Girls in the Game
i-can-travel
Independence First
Institute for Human Centered Design
Joy is Walking
Kids Together
Makoto USA, Inc.
mark miller's munchkin programs
Motion Fitness
National Council On Strength and Fitness
National Lekotek Center
NextStep Fitness
NuStep, Inc
NYSDOH Disability and Health Program
NYU Amputee Support Program
Oak Hill
Optimal Fitness at Good Shepherd Rehabilitation Hospital
Pediatric Therapy Network
Plaza Fitness at Stuyvesant Plaza
Pulse Fitness Systems Inc.
Rhode Island Parent Information Network (RIPIN)
Run Jump n` Throw
Sam Sullivan Disability Foundation
Sit`N`Dance
Snider & Associates, Inc

soundRUNNER
South Shore Fitness
Spina Bifida Clinic @ MUSC
The Active Hands Company
The Claremont Club
The Family Resource Network of New Jersey
The Wellness Pros, Inc
Triumph Foundation
Up2Us
Valley Of the Sun YMCA
VRD Products, Inc.
West Suburban Access News Association

To view the complete listing of IFC members, please visit http://incfit.org/organizational_members

IFC on Facebook and Twitter

Did you know IFC is on Twitter and Facebook? Follow and like us today!

Twitter: <http://www.twitter.com/incfit>

Facebook: <http://www.facebook.com/Incfit>

Please contact Jeni Pierce via email at gpierc2@uic.edu if you would like to add your organization's Facebook and Twitter information to your page on the IFC website.

Autism Awareness & Effective Marketing Strategies

By guest writer Jennifer Pleimann, Personal Trainer & Strength and Conditioning Specialist, FITBuddies

How do you educate and emphasize the importance of addressing exercise and nutritional needs for those with Autism?

We need more research, such as that done by Rutgers (<http://youthsports.rutgers.edu/documents/EXERCISING.pdf>), addressing the importance of exercise to help reduce stereotypic behaviors, a major "selling point" when educating parents and caregivers.

As someone working with kids with disabilities, a question that I often hear is: "How do you market your program?" Here's what we do with FITBuddies:

- ✓ Contact local support agencies/resources, such as www.supportforfamilies.org and make them aware of your program or facility.
- ✓ Enter into the school system. We have started offering programs at school, making a connection with teachers and staff (which leads to the parent connection).
- ✓ Talk to the parents who do belong to your program. Everyone knows everyone through support groups, etc and they are your best resource for tapping into a deeper audience.

Grant Opportunities

Allard USA, Inc. Announces Launch of Non-Profit Organization and Annual Grant Awards

Allard USA, headquartered in New Jersey, manufactures a range of orthopedic devices designed to improve physical function and enhance the quality of life for individuals with physical challenges.

Allard USA has formed a non-profit organization, the DRALLA Foundation, to address quality of life issues not only for wearers of its devices, but for all individuals with these physical challenges.

The mission of the Dralla Foundation is to provide "support for better life" to enrich the lives of children and adults with disabilities by helping them to fulfill their dreams or visions.

The Dralla Foundation Review Board will hold two annual review processes. Applications are being accepted in March and September 2011, for awards to be made in April and October. In addition, there will be special cases throughout the year in which grants will be awarded.

The Review Board will award grants in a price range between \$500-\$5000. Depending upon project and budget, more could be offered. The review process will match applications against Dralla's life-enhancing objectives.

Applications and guidelines can be downloaded from the website, www.Dralla.org or requested in writing from:

Dralla Foundation
P.O. Box 63
Rockaway, NJ 07866-0063

To view additional grant and funding opportunities, please visit the IFC funding page at <http://incfit.org/node/331>.

International Council on Active Aging Announces Theme for Active Aging Week

In 2011, Active Aging Week, the International Council on Active Aging's annual observance promoting a healthy and meaningful life, is being held from September 25 - Oct 1.

Active Aging Week, the annual observance developed by the International Council on Active Aging®, is held each year during the last week of September. Organized locally, Active Aging Week is celebrated in the United States and Canada. The message is universal: people can live as fully as possible throughout the life span.

Theme: Expand your experience

Key messages:

- ✓ Engage in activities you value
- ✓ Spend 30 minutes each day in physical activity

Active Aging Week Website: www.icaa.cc/aaw.htm

International Council on Active Aging (ICAA)
Website: www.icaa.cc

Health and Fitness Club Workgroup

The IFC Health and Fitness Club Workgroup is working on developing their own quarterly newsletter. There are many exciting changes coming soon in the world of inclusive fitness! The hope of this new newsletter is to provide insight and guidance regarding the changes occurring at the national, state and local levels across the country.

Update

As you may already know, the Department of Justice is in the process of reviewing both written and verbal testimony that was recently collected in Chicago, IL, Washington, D.C. and San Francisco, CA in 2011. The U.S. Department of Justice published four Advance Notices of Proposed Rulemaking (ANPRMs) on July 26, 2010, seeking public comment on the development of regulations under the Americans With Disabilities Act (ADA) in new areas, including various kinds of equipment and furniture. To learn more, visit <http://www.ada.gov/anprm2010/anprm2010.htm>.

The announcement of the DOJ ANPRMs followed last years announcement that the U.S. Department of Justice has adopted revised Americans with Disabilities Act (ADA) regulations, which include the ADA Standards for Accessible Design. The 2010 Standards for Accessible Design are a revision of the 1991 Access Board Guidelines with additional sections that cover recreation facilities, play areas, and state and local government facilities.

The new design standards include relevant chapters from the Access Board's 2004 ADA/ABA Accessibility Guidelines, as well as revisions to the 1991 Access Board guidelines, with some modifications. The changes specific to recreation facilities are summarized at <http://incfit.org/node/567>.

See all the DOJ ANPRMs at www.ada.gov/anprm2010/anprm2010.htm. There are also ANPRMs on access to the Internet, movie captioning and video description, and Next Generation 911 services.

Although we hope these new mandates will encourage many facilities to purchase new, accessible/inclusive equipment, there are facilities that are operating with equipment that is accessible for people with disabilities. Vendors who are currently manufacturing accessible and inclusive equipment of commercial quality include:

- NuStep
- Marpo Kinetics
- Cybex
- Sci Fit
- Life Fitness
- Matrix



Cybex Total Access Lat Pull Down

Is Your Facility Accessible?

Here are some questions to ask yourself when you are looking to create a more inclusive fitness facility:

1. Do you have countertops at various heights?
2. Are the doors in the facility too heavy?
3. Is there a pathway on the main equipment floor and between the various machines? Is the path free of objects such as pedals, dumbbells etc.?
4. Do you have drinking fountains at different height levels?
5. Is there a shower chair or roll in shower available for people who use wheelchairs?

IFC Members Providing Opportunities for Continuing Education

Are you presenting at a conference or event? Will you be attending an expo? Let us know! We would be happy to share information regarding your presentation and/or exhibit in our next newsletter!

If you are planning to attend ACSM's Annual Meeting in Denver May 31st- June 4th, stop by our booth in the exhibitor hall! We will be at Booth 222! Hope to see you there.

Here are details regarding a few past presentations from IFC members:

NIRSA 2011: New Orleans, Louisiana April 13-16, 2011

Preparing Personal Trainers To Work With People Who Have Disabilities

Carolyn Lullo, University of Illinois at Chicago
Alan Beck, Southern Illinois University Carbondale

Session Description:

Are the personal trainers in your facility prepared to meet the diverse needs of individuals of all abilities? Learn how to develop their skills and increase their capacity to provide services to often under-served populations.

Learning Objectives:

- ✓ Understand the key knowledge, skills, and abilities for the personal training of people with disabilities and the need for professional development in these areas.
- ✓ Learn ways to increase the capacity of personal trainers to provide inclusive fitness services.
- ✓ Discover resources to assist in training and developing personal trainers.

For more information contact Carolyn Lullo via email at clullo2@uic.edu.

IHRSA 30th Anniversary International Convention & Trade Show: San Fran- cisco, California March 16-19, 2011

Training the Athlete in EveryBuddy: Specialized Training for Individuals with Intellectual Disabilities

Thom Downing, President, FIT
Jennifer Pleimann, Personal Trainer & Strength and Conditioning Specialist, FIT

Session Description:

- ✓ Understand how training individuals with special needs can help both my gym and me as a trainer.
- ✓ Discuss the FITBuddies Difference: How is this program different than adapted PE, Special Olympics and other physical fitness services offered for individuals with special needs?
- ✓ Understand the target population and the basics of what is involved in working with individuals with special needs.
- ✓ Learn how to incorporate training for individuals with intellectual disabilities into my facility and/or clientele.

For more information contact Jennifer Pleimann via email at Jen@focusedtrainers.com.



We welcome your comments, contributions and best practices for future issues. Please email Jessica Madrigal at jmadri1@uic.edu.

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