ADAPTIVE FITNESS

How Adaptive Fitness affects the Adult Population

- Adaptive Fitness promotes a better quality of life and independence
- Provides accessible ways for people with disabilities to take part in physical activity or outdoor recreation

DID YOU KNOW?

- Ages 70 or > spend ~ 8 years living with a disability (Disabled World)
- ~ 15 percent of people live with a disability (WHO, 2014)
- 56 percent of people with disabilities do not participate in physical activity (Patterson & Grosse, 2013)
- People with disabilities are more common to spend time participating in passive leisure (Pagan-Rodriguez, 2014)

In Action

Wet Suits (Patterson & Grosse, 2013)
- Provides support in the trunk of an individual when modified with flotation material
- Increases stimulation of sensory nerves in the trunk of the body

- Adaptive Skiing
  - Promotes outdoor recreation using modified ski equipment

Programs Along the Front Range

- Adaptive Sports Center (Crested Butte, CO)
- Adaptive Recreation (Fort Collins, CO)
- Adaptive Adventures (Lakewood, CO)
- National Sports Center for the Disabled (NSCD)

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Images


Platt, M. (2014, December 8). *Chapman to host athletes for Special Olympics World Games; come to the on-campus announcement Dec. 11*. 