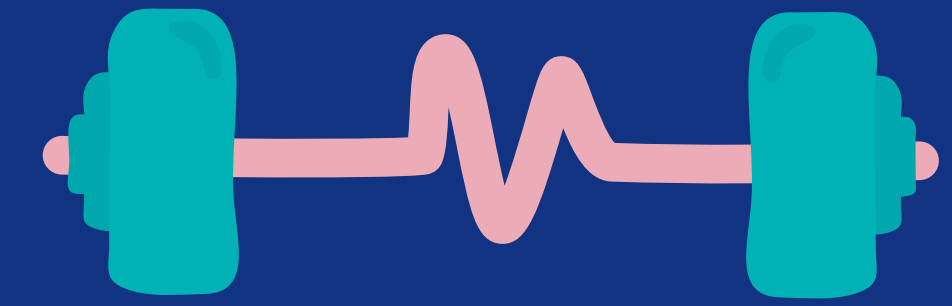


# Physical Activity Resources for Physical Disabilities



## National Center on Health, Physical Activity, and Disability (NCHPAD)



*Building healthy inclusive communities for individuals of all types of disability.*

## Power to Be

*Serves as a non-profit organization that allows families facing cognitive, physical, financial, and social barriers access to nature.*

## Canadian Disability Participation Project (CDPP)

*A partnership of sectors collaborating to encourage community engagement among Canadians with physical disabilities (community engaged projects, resources, and publications).*

## 14 Weeks to a Healthier You

Free online physical activity and nutrition program that is personalized to your specific physical disability (mobility limitations, health conditions, etc.).

Weekly exercises, recipes, coaching, social connection, and motivational resources are provided.

**Who:** All individuals with a physical, sensory, cognitive, or learning disability with access to a computer.

**Cost:** Free

**Equipment:** N/A



### How to sign-up:

1. Go to <https://www.nchpad.org/14weeks/>
2. Enter required information
3. **Contact: 1-800-900-8086** (7am PST to 3pm PST)

## Adaptive Recreation (Individual and Community Programs)

Provides inclusive recreational activity in a range of activities from land to sea.

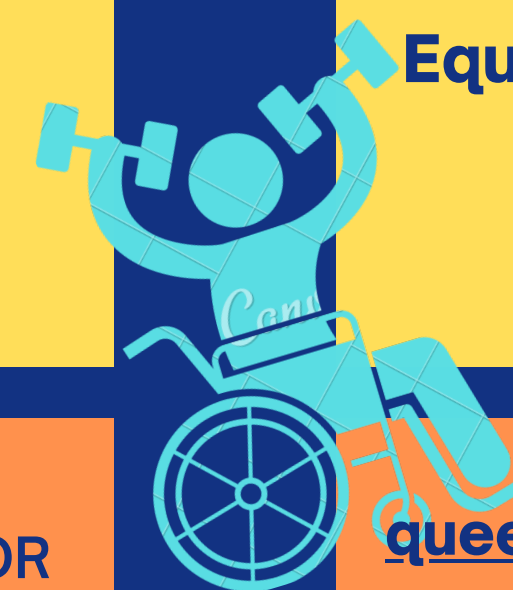
**Who:** ages 7+ (young children to older adults)

**Cost:** subsidized programs starting at \$10 (fees are based on program length and type; bursaries available)

**Equipment:** Provided

**Activities:** Camping, hiking, indoor climbing, yoga, paddle boarding, etc.

**Location:** Vancouver and Victoria (locations vary based on activity)



### How to sign-up:

1. Contact <https://powertobe.ca/contact/> OR [info@powertobe.ca](mailto:info@powertobe.ca)
2. Complete intake forms
3. Attend trial programs (to ensure best fit)
4. Sign up for adventures!

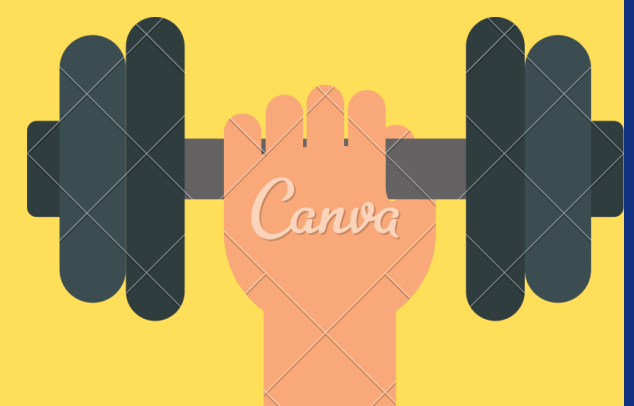
## Get In Motion

Free telephone-based physical activity coaching for Canadian adults with physical disability (spinal cord injury, amputation, cerebral palsy, arthritis, etc.) Coaches are trained in regards to encouraging and supporting you leading a healthy lifestyle.

**Who:** Canadian adults with disabilities who have access to a phone or computer.

**Cost:** free

**Equipment:** not needed



### How to Sign up:

[queensu.qualtrics.com/jfe/form/SV\\_4Jy9wXHLeF2dLzn](https://queensu.qualtrics.com/jfe/form/SV_4Jy9wXHLeF2dLzn)

**Email:** [CDPPprojects@queensu.ca](mailto:CDPPprojects@queensu.ca)

**Phone #:** (613)533-6000 x 78841 (Kingston, Ontario)