FIND WHAT MOVES YOU

Because intellectual disability should not mean physical inactivity



Created by Kanchan Kainth, 4th year The University of British Columbia, KIN 341 led by Dr. Jasmin Ma

Online/In-Person Physical Activity

Strive Centre Vancouver

- What: A place for adults and older adults with intellectual disabilities to participate in a variety of physical activities with their peers in-person or via Zoom
 - Dance Fitness
 - Chair Fitness
 - Stretching and Strengthening
 - Tai Chi
- Equipment: Device with internet access, chair, light hand-held weights
- Cost: None!
- How to get started: Call or visit the
 Strive Centre to complete an intake form
 and discuss your goals with their
 recreation coordinator. Your coordinator
 will inform you of your next steps
 - o Call: 778 370 5499
 - Address: 200-3438 Lougheed Hwy,



In-Person Year-Round Physical Activity

Power to Be

- What: An opportunity to access nature for individuals living with intellectual, physical, financial, and social barriers and their families
 - Hiking
 - Kayaking
 - Surfing
 - Snowshoeing
 - And more!
- Equipment: All equipment provided!
- Cost: Most Adaptive Recreation Programs start at just \$10! Group adventures (of 12 individuals) start at \$100! Find more information <u>here</u>
- How to get started: Power to Be will relaunch their programs in Spring 2022. Check here for updates or email vancouverprograms@powertobe.ca for

more information!



In-Person Winter Physical Activity

Vancouver Adaptive Snow Sports

- What: Adapted ski and snowboard lessons and programs for individuals with intellectual and physical disabilities of all ages and skill levels
- Equipment: All equipment provided!
- Cost:
 - \$250 for 6 session programs
 including lift tickets, equipment, and
 instructors
 - \$53 for BC Adaptive Sport
 Membership (required)
- How to access:
 - · Click here to create an account
 - Registration takes place in the fall of each year and fills up fast!
 - If you require assistance with technology, perhaps ask a peer for help
 - Hit your selected slopes!

Into Sports?

Special Olympics Vancouver

- What: The Special Olympics offer sports training and competition for individuals with intellectual disabilities of various athletic backgrounds
 - Choose from a wide variety of traditional winter and summer sports
- **Equipment**: View activities requiring equipment at cost <u>here</u>



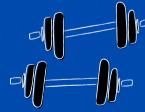
 Cost: \$25 annual payment + any applicable program fees

- How to Access:
 - Complete <u>SOBC Registration and</u> <u>Medical Form</u>
 - Complete <u>Participation Waiver</u>
 - Send completed SOBC Registration,
 Medical Form, and fees to Registration
 Coordinator (contact information here)
 - Come out to your events!

Looking to Exercise Independently?

Powered to Move

- What: A YouTube Channel with various fun and exciting workout videos for individuals with intellectual and physical disabilities!
 This is a perfect opportunity to learn movements to incorporate into your own workouts!
 - Cardio, strength training, dance, etc!
 - A range of intensity levels!
- Equipment:
 - Device with internet access
 - Varies between videos: a chair, yoga
 mat, and light weights may be useful
- Cost: None!



- How to Access:
 - Visit <u>Powered to Move</u> on Youtube and find a video that interests you!

