

## SportsAbility Activities

- Archery
- Target Shooting
- Art Experience
- Dancing
- Baseball
- Basketball
- Biking
- Bocce
- Canoeing
- Kayaking
- Disc Golf
- Fishing
- Food
- Fun
- Golf
- Hand Pedaled Biking
- Horseback
- Riding
- Interactive Fishing Simulator
- Laser Target Shooting
- Martial Arts
- Music
- Personal Watercraft Rides
- Pontoon Boat Rides
- Power Soccer
- Sailing
- SCUBA Experience
- Sit Water Skiing
- Swimming
- Tennis
- Therapeutic Recreation Activities
- Nature Trail Rides

## Resource Expo

Informational Booths on the latest in products, natural supports, active leisure programs and disability services.

- ▶ Ask questions
- ▶ Give feedback
- ▶ Meet people
- ▶ Share your needs

For more information regarding SportsAbility or other accessible inclusive recreation contact:



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A PROGRAM OF THE

**FLORIDA DISABLED OUTDOORS  
ASSOCIATION**

**SPORTSABILITY**  
Active Leisure for Life

There are no barriers!  
too great to overcome!



## Purpose

SportsAbility is a multi-day program that enriches lives through accessible inclusive recreation and active leisure for all. Visit [fdoa.org](http://fdoa.org) for upcoming dates and locations.

SportsAbility helps people to:

- ▶ Be fit
- ▶ Feel Good
- ▶ Improve their Health
- ▶ Discover Nature

*SportsAbility is a program of the  
Florida Disabled Outdoors Association*

## SportsAbility's goal is to:

- Educate;
- Motivate; and
- Support

people of all abilities to be more physically active.

## SportsAbility is for Everyone:

- People of all abilities, their family and friends
- Professionals
- Providers and students of recreation, technology, healthcare, rehabilitation and social work

## Educate

SportsAbility educates on the importance of recreation, especially for people with disabilities. People who are more active live longer and feel better.

***“\$76.6 billion could be saved on medical costs if all inactive American adults became physically active”***

*-Department of Health and Human Services*

The FDOA advocates to promote inclusion and to improve accessibility for all throughout the state.

SportsAbility encourages people with disabilities to participate and try new activities, allowing them to experience and find their chosen activity.

SportsAbility utilizes hands-on training to demonstrate to people with disabilities, recreation providers, healthcare professionals, and family members about recreation options and resources available.

## Motivate

SportsAbility motivates people of all abilities.

- Providing recreation activities that enables people to envision their dream
- Demonstrating real people living Active Leisure for Life
- Providing mentor opportunities
- Helping, sharing, and inspiring each other
- Introducing natural supports
- Providing solutions to the nature deficit through participating in outdoor recreation
- Having fun and making new friends



## Support

The SportsAbility program provides support.

- Offering professional and knowledgeable resource assistance
- Sharing community resources
- Building a relationship with FDOA beyond the SportsAbility event

***Recreation: Safe, Supportive and Barrier Free***

Opportunities to learn and ask questions on products and resources.

