



A program of the  
**Florida Disabled Outdoors Association**

# SPORTSABILITY

Active Leisure for Life

**SPORTSABILITY** is much more than fun. It is a wonderful occasion to help educate people about the importance of physical activity, recreational opportunities and other important community resources available to people of all abilities.



There are  
**no barriers** too great  
**to overcome.**

## Recreation: Safe, Supportive and Barrier Free

- Through cooperation and education, attitudinal barriers and physical barriers can be eliminated or reduced.
- Personal accomplishments are achieved when recreation environments and parks promote social integration, fun choices, and appropriate risk-taking.
- Accessible inclusive recreation services improve quality of life for all!

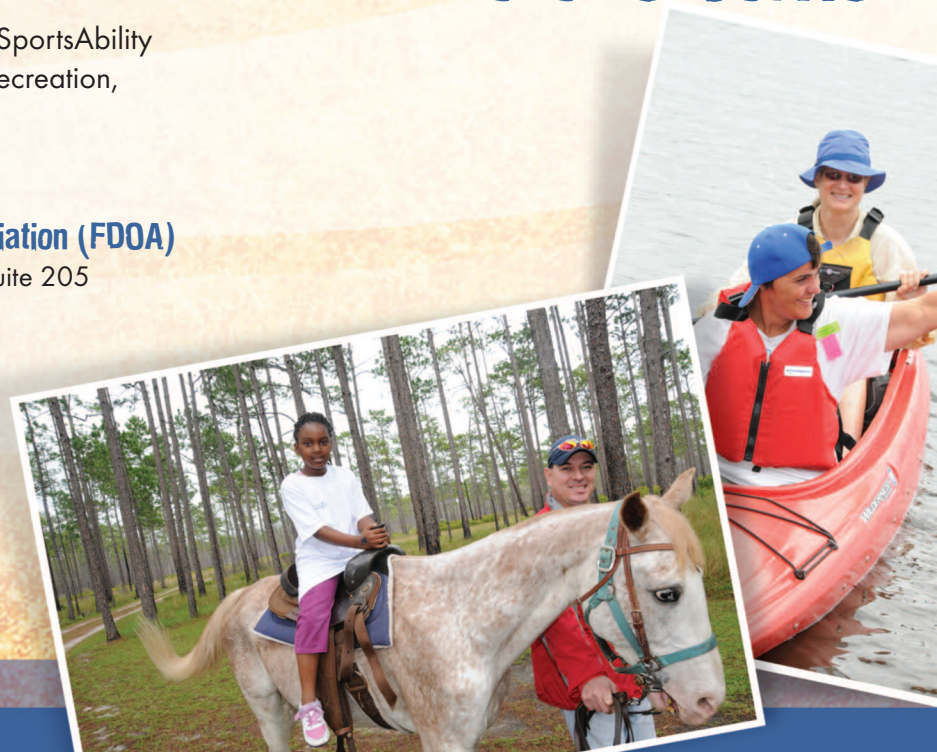
Participants are able to experience a multitude of sports and recreation options in a hands-on way. People see that they CAN pursue anything they desire. Their favorite SportsAbility experience can be replicated after the event and throughout the year.

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

### Florida Disabled Outdoors Association (FDOA)

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**SPORTSABILITY** is the premier event of the Florida Disabled Outdoors Association (FDOA). This multi day event is about enriching lives through accessible inclusive recreation and active leisure for all. SportsAbility provides first hand access to resources and demonstrations of activities designed to encourage participation regardless of age or ability level.

People that attend SportsAbility learn about the value of recreation and active leisure for everyone – especially people with disabilities. People discover the latest in equipment, trends, and resources. This event provides an opportunity for people to network with people with disabilities, resource providers, professionals, students and community organizations.

The benefits of SportAbility and active leisure are physical and mental well-being and long term wellness. An active life style prevents many types of disabilities and secondary health conditions that arise as a result of a sedentary life style including: diabetes, heart disease, respiratory conditions, and obesity.

## RECREATION BENEFITS YOU

- Recreation and active leisure pursuits provide positive integration into society, regardless of ability.
- Active leisure improves quality of life by enhancing self-esteem and promoting self-directed and goal-setting individual competency.
- Healthy lifestyles, which incorporate active leisure and recreation, can help to prevent illness and promote improved well-being.

## RECREATION BENEFITS OUR COMMUNITY

- Inclusive environments with participants of diverse abilities contribute to a society focused LESS on individual differences and MORE on shared experiences.
- Social integration is more than being IN the community. It means being PART of the community! Social integration is based on individual integrity and respect for the individual as part of the community.

## RESOURCE EXPO AND INDOOR ACTIVITIES, such as...

- Active Leisure for Life Celebration
- Adaptive Golf
- Art Experience and Dancing
- Basketball
- Disc Golf
- Expo – Information booths on the latest in products, active leisure programs, and disability services
- Interactive Fishing Simulator
- Laser Target Shooting
- Martial Arts
- Power Soccer
- Tennis
- Therapeutic Recreation Activities

## OUTDOOR ACTIVITIES, such as...

- Archery and Target Shooting
- Baseball
- Canoeing and Kayaking
- Fishing
- Fun, Food, and Entertainment
- Golf
- Hand-Pedaled Biking
- Horseback Riding
- Jet Ski Rides
- Nature Trail Rides
- Pontoon Boat Rides
- Sailing
- SCUBA Experience
- Sit Water Skiing
- Swimming

