This program was developed through a partnership with the Florida Department of Health.

Sports
Incorporation of adaptive and assistive technologies for sports and activities has greatly expanded. There are now many adaptive and wheelchair sports such as tennis, basketball, soccer, and softball. Outdoor options include nature-based activities such as hunting and fishing, hiking and biking, archery and shooting sports. Water sports include swimming, diving, paddling and skiing.

Personal / Creative
Many diverse outlets encourage expression through the arts. These include, but are not limited to: ceramics, painting, sculpture, gardening, dance, music, and drama.

Social / Community
Becoming reintegrated with the community through support groups and clubs, volunteer opportunities, and special events are just a few of the ways to meet new people and expand your social network.

Get out and pursue your interests!

For additional recreation options and opportunities including SportsAbility, visit www.fdoa.org.

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Florida Disabled Outdoors Association is your connection for pursuing recreation activities to ensure Active Leisure for Life.

Florida Disabled Outdoors Association (FDOA) and the Brain and Spinal Cord Injury Program (BSCIP) are collaborating to provide community-based resources for accessible inclusive recreation. People with spinal cord injuries may increase their participation and improve their lives through physical, personal, and socially creative outlets.
According to the Gallup Poll for American Health, “Americans who exercised regularly were 2.5 times more likely to report that they were happier than Americans who didn’t exercise at all.”

“Those who exercise at least two days per week report experiencing more happiness and less stress than those who do not.” —Gallup Healthways Well-Being Index (2009)

People with Spinal Cord Injuries (SCI) often face many physical, emotional, and social challenges. These challenges are the basis for educating and motivating people with spinal cord injuries to address their needs and disabilities through appropriate programs in sports, recreation, and leisure activities.

“Regular physical activity can help people with disabilities, including those with chronic disabling conditions, improve stamina and muscle strength, and improve psychological well-being and quality of life by increasing the ability to perform the activities of daily life.” —Surgeon General’s Report (1996)

**Main Areas of Health Concerns**

**Physical**
- Overall physical deconditioning
- Musculoskeletal decline
- Cardiovascular and heart disease
- Autonomic / Nervous System

**Personal / Emotional**
- Self-esteem and self-confidence
- Depression
- Anxiety related disorders
- Lack of support systems

**Social / Community**
- Financial and social responsibility
- Isolation
- Lack of inclusion and community integration

The goal of providing information regarding health concerns is to help people with spinal cord injuries access opportunities which enhance their quality of life and acquire coping skills through a variety of recreation.

Through creative and diverse recreation, people have choices for physical, emotional, and socially creative outlets which offer numerous positive benefits.

**Related Health Benefits**

**Physical**
- Increased respiratory fitness
- Improved muscle strength and mobility
- Better muscle to fat ratio
- Injury prevention
- Healthier blood lipids
- Better skin integrity

**Personal / Emotional**
- Increase in self-esteem and self-confidence
- Decrease in depression
- Reduction of anxiety
- Increased support systems

**Social / Community**
- Broader networking potentials
- Increased personal connections and access to friends
- Increased inclusion and integration into community

“For people with spinal cord injuries, paralysis, and other disabilities, recreation can be a gateway to physical and health benefits.” —Christopher and Dana Reeve Foundation (2010)

**Lifestyle Benefits**

**Healing**
- Improved ability for daily activities
- Community reintegration

**Wellness**
- Disease prevention
- Health maintenance
- Increased chance of longer life
- Weight control to prevent obesity
- Improved health and mood

**Personal Development**
- Improved self-esteem
- Networking and socialization
- Motivation to pursue opportunities

**Societal Development**
- Reduced cost for assistance and care
- Inclusive participation adds value to society
- Promotes community integration

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**A Balanced Program**

Participating in a well rounded variety of programs can result in a more holistic and beneficial active leisure lifestyle. The benefits of positive leisure activities are better physical and mental well-being, good health, long-term wellness, and active leisure for life.

By providing appropriate resources the Florida Disabled Outdoors Association (FDOA) and the Florida Department of Health Brain & Spinal Cord Injury Program (BSCIP) are working to overcome and address the needs of people with SCI and prevent secondary health conditions that arise as a result of a sedentary lifestyle. Four main categories of overall lifestyle benefits include:

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**FLORIDA DISABLED OUTDOORS ASSOCIATION**

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