

& RECREATION

CHOICES AND OPPORTUNITIES TO PARTICIPATE

Options to include recreation activities into leisure time are limited only by your personal interests and creativity. Here are just a few options.

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.



WWW.FDOA.ORG

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



For additional resources contact:

Brain and Spinal Cord Injury Program
www.myflorida.com
(850) 245-4045

Florida Spinal Cord Injury Resource Center
www.fscirc.com
(866) 313-2940

For more information regarding accessible inclusive recreation or to receive the quarterly FDOA newsletter, *No Barriers*, please contact:



FLORIDA DISABLED OUTDOORS ASSOCIATION
2475 APALACHEE PARKWAY, SUITE 205
TALLAHASSEE, FLORIDA 32301

Phone: (850) 201-2944
Fax: (850) 201-2945
info@fdoa.org
www.fdoa.org

COMMUNITY-BASED RECREATION & ACTIVE LEISURE

For People with Spinal Cord Injuries



**Florida
Disabled
Outdoors
Association**

Your gateway to

ACTIVE LEISURE LIFE
for

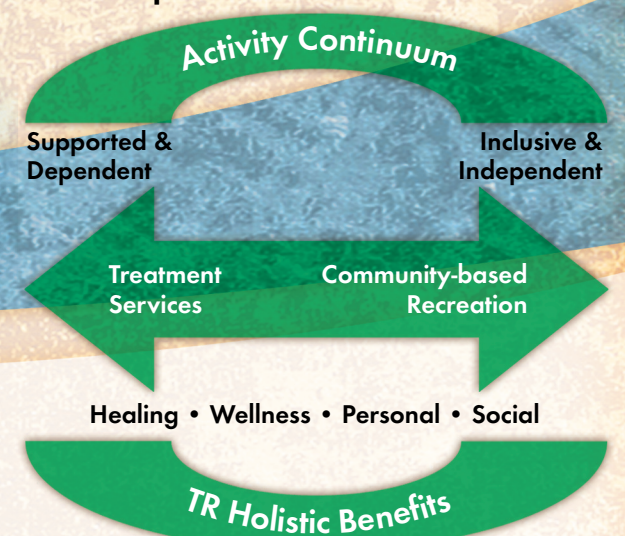
ACTIVE LEISURE

WHAT IS THERAPEUTIC RECREATION (TR)?

Therapeutic Recreation (TR) uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure time in ways that enhance health, functional abilities, independence and quality of life.

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

Therapeutic Recreation Services



Benefit: Increased independence for people with a spinal cord injury.

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.

(850) 201-2944

FDOA

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)



"Physical Inactivity Poses Greatest Health Risk to Americans"

– American Psychological Association (2009)

ACTIVE

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



LEISURE

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)



& RECREATION

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:

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