

# Adapt Adventures

for Everyone



ACTIVE ADVENTURES  
BE FIT TOGETHER

HEALTH BREAK

## DID YOU KNOW THAT 1 IN 3 TENNESSEANS HAVE A DISABILITY?

*While regular physical activity is essential to overall health and well-being, persons with disabilities are less likely to be active than those without disabilities. Get creative with your active adventures by adapting, or modifying, activities to be inclusive of all abilities.*



## EVERYONE BENEFITS FROM REGULAR PHYSICAL ACTIVITY



STRENGTHENS  
THE HEART



STRENGTHENS  
MUSCLE



REDUCES  
STRESS



IMPROVES  
SLEEP

## TIPS TO ADAPT ADVENTURES

- Consult a healthcare professional to determine safe activities.
- Focus on ability, not disability.
- Choose accessible walk ways and locations.
- Play with seated activities.



## SOURCES / ADDITIONAL READING

### Centers for Disease Prevention and Control



*Physical Activity*



*Impacts: Tennessee*

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