

Staying Active This Summer

It has been proven over and over again that staying active and being healthy adds to a person's overall happiness and quality of life. This is no different for anyone living with a disability. Staying active with a disability may seem like a challenge. But there are many options of adapted sports and activities for those with a disability. Activities such as swimming, track, cycling, fishing, golf, skiing, snowboarding, water skiing, soccer, and many other sports are available to be adapted. There are adaptive sports organizations across the country to help you get started or to connect you with teams in your area.

The one challenge with getting involved in any sport though is the cost. Equipment can be expensive and costly. Luckily these adaptive sports organizations help to raise money for those who need equipment or funding. The Adaptive Sports Organization of Ohio for instance is sponsoring the Casey's Challenge 5k/10k on July 13th in Wooster, OH. This event is raising money to buy students racing wheelchairs to enable them to join their high school track teams. Everyone is welcome to come participate in the events and this is a great way to get out and be active with your family.

The Adaptive Sports Program of Ohio also hosts an event called the Paralympic Experience. This is a four-hour event celebrating paralympic sports and the positive impacts a sport can have on a person with a disability. The purpose of this event is to introduce people to adaptive sports, show how many different options are available, and show them how to get involved in an adaptive sport. The next paralympic experience is Sept. 14th in Columbus, OH.

Even if you don't want to get involved in an adaptive sport there are many other options for getting involved and staying active. Going to a community even like Casey's Challenge or the Paralympic experience are great ways to get out of the house and be active within your community.

For more information on the Adaptive Sports Program of Ohio, Casey's Challenge or the Paralympic experience please visit <http://adaptivesportsohio.org/>.