

The Importance of Recreation.
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Benefits of Lifelong Physical
Activity

Participating in regular physical activity
throughout a lifetime is extremely important
in developing and maintaining a healthy
body, psychological well-being, and
preventing premature death

(U. S. Department of Health and Human Services Public
Health Service [USDHHS/PHS], 2000)

Benefits of Lifelong Physical
Activity

The Center for Disease Control recently
reported that in 1997 only 15% of adults
participated in regular physical activity and
40% participated in no leisure time physical
activity

Benefits of Lifelong Physical Activity

These figures are disturbing considering the
myriad of benefits associated with
participation in regular physical activity

- lower death rates
- decreased risk of heart disease
- lower risk of developing diabetes
- lower risk of high blood pressure
- increase in muscle and bone strength
- enhances psychological well-being
- may reduce the risk of developing depression
- reduces the symptoms of anxiety and depression

Benefits of Lifelong Physical
Activity

- What is more disturbing about these figures
is that individuals with disabilities have
greater amounts of leisure time than
individuals without disabilities but are
generally less active. Therefore, they are
less likely to gain the benefits associated
with regular physical activity

Why Adventure Activities?

- Shift of focus from traditional team sports
to lifetime physical activity
- Community based activities
 - Increased interaction and understanding
between individuals with and without
disabilities
 - Building friendships
 - Promotes inclusion
 - Ability to participate with friends and family

Why Adventure Activities?

- Adventure activities impacts inter and intrapersonal skills
- Interpersonal - how a person relates to and functions within a group
 - Communication, trust, cooperation, problem solving, leadership
- Intrapersonal - how a person relates to themselves
 - Self-concept, self efficacy, self-esteem etc

Why Adventure Activities

- Research has clearly show that participation in adventure activities can have a positive impact on the following:
 - self-confidence, self-concept, self efficacy, perception of self, motivation, communication skills, redefinition of physical capabilities, and social self-efficacy
- (Sutherland, 2000; Blinde & McClung, 1997; Robinson, 1994; Anderson and Frison, 1992; McDonald & Howe, 1989; McAvoy & Dustin, 1986; Moore, 1986; Young & Candrell, 1984; Meier, 1978; Kelly & Baer, 1969)

Additional Website Resources

- www.dsusa.org
- www.wsusa.org/links.html
- www.wheelchairmet.org/WCN.Living/recreate.html

Therapeutic Recreation
Columbus Children's Hospital
Columbus, Ohio

The following websites are to be used as learning tools. Any information included in these websites is information from those organizations. Always consult with your medical professional for any information you feel is appropriate for your situation.

American Therapeutic Recreation Association
<http://www.atra.org>

Therapeutic Recreation Directory
<http://www.recreationtherapy.com>

Federal and State Government Organizations

American Disabilities Act
<http://www.usdoj.gov/crt/ada/statue.html>

Agency for Health Care Policy and Research
<http://www.ahcpr.gov>

Centers for Disease Control and Prevention
<http://www.cdc.gov>

Food and Drug Administration
<http://www.fda.gov>

National Heart, Lung, and Blood Institute
<http://www.nhlbi.nih.gov>

National Institutes of Health
<http://www.nih.gov>

National Institute of Neurological Disorders
<http://www.ninds.nih.gov>

National Library of Medicine
<http://www.nlm.nih.gov>

Federation of Children of Special Needs
<http://www.fcsn.org>

Office of Special Education and Rehabilitative Services
<http://www.ed.gov/offices/OSERS>

ADA Answer Line
<http://www.usdoj.gov/crt/ada/statue.html>

Patient Associations

Transverse Myelitis.org
<http://www.myelitis.org>

Rehab Links
<http://www.rehabdesigns.com/links/default.htm>

National Information Center
<http://www.nichy.org>

Center for Patient Advocacy
<http://www.patientadvocacy.org>

National Rehabilitation Information Center
<http://www.naric.com>

American Chronic Pain Association
<http://www.theacpa.org>

American Heart Association
<http://www.americanheart.org>

Injury Prevention
<http://www.thinkfirst.org>

National Spinal Cord Injury Association
<http://www.spinalcord.org>

Neurocontrol Corporation
<http://www.neurocontrol.com>

Neuroscience Center
<http://www.neurosciencecntr.com>

Sexual Health.Com
<http://www.sexualhealth.com>

Shriner's Hospital
<http://www.shrinershq.org>

Kids Health on Disability & Health
<http://www.cdc.gov/ncbddd/kids>

Clinical healthcare website for kids
www.kidshealth.org

Clinical healthcare website for teens
www.teenshealth.org

The National Center on Physical Activity and Disability
<http://www.ncpad.org>

Spinal Cord Injury Resources
<http://www.eskimo.com/~jlubin/disabled/sci.htm>

Internet Resources for Special Children
<http://www.irsc.org>

National Transition Alliance for Youth with Disabilities
<http://www.dssc.org/nta/>

The Child Development Website
<http://www.idealists.com/children>

Consortium for Citizens with Disabilities
<http://www.c-c-d.org>

Parent Advocacy
<http://www.pacer.org>

The Council for Exceptional Children
<http://www.cec.sped.org>

Adaptations

Maddak, Inc.
<http://www.maddak.com/>

Able Data
<http://www.abledata.com>

Apple Computers, Inc.
<http://www.apple.com/disability>

Center for Applied Special Technology
<http://www.cast.org>

Microsoft Accessibility and Disability Web Site
<http://www.microsoft.com/enable/>

Can Do.Com
<http://www.cando.com>

Sports and Leisure

The Adaptive Adventure Sports Coalition
www.taasc.org

Wheelchair Sports USA
<http://www.wsusa.org>

Disabled Sports USA
<http://www.dsusa.org>

Youth Challenge Sports
<http://www.youthchallengesports.com>

Adaptive Sports and Skiing
<http://www.sitski.com>

National Wheelchair Basketball Association
<http://www.nwba.org>

Columbus Parks and Recreation
<http://www.columbusrecreparks.com/therapeutic/index.html>

Columbus Parks and Recreation Music in the Air
<http://www.musicintheair.org/>

United States Quad Rugby association
<http://www.quadrugby.com/>

Easter Seals
<http://www.easter-seals.org>

Winners on Wheels
<http://www.wowusa.com/>

Topiary Garden
<http://www.topiarygarden.org>

Columbus Rotary Wheelchair Marathon
<http://www.columbusmarathon.com/marathon.html>

Disabled Sports USA

<http://www.dsusa.org/chapter-oh.htm>

The Internet Drug Index

<http://www.rxlist.com/>

Ohio State University Adaptive Recreational Services

<http://www.ohiostaterecsports.org/program/ars/index.htm>

Special Olympics

<http://www.specialolympics.org>

National Center on Physical Activity and Disability

<http://www.ncpad.org>

Toys

World's Best Toys

<http://www.worldsbesttoys.com>

Families with Children with Special Needs

<http://www.nncf.unl.edu/family/info/toyadaptations.html>

Dragon Fly Toys

<http://www.dftoys.com/>

U.S. Toy

<http://www.ustoy.com/>

Medical Sites

Better Health

<http://www.betterhealth.com>

CliniWeb International

<http://www.ohsu.edu/clinweb/index.html>

Health on the Net Foundation

<http://www.hon.ch>

Health Answers

<http://www.healthanswers.com>

Health A to Z

<http://www.healthatoz.com>

Mediconsult

<http://www.mediconsult.com>