

# Recreation A Great Way to Be Active

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## A Guide to Getting Started

North Carolina Office on Disability and Health

# Know the Facts!

You've heard that physical activity and exercise are important for your health, but going to the gym and lifting weights may not be your idea of fun. You can get the same benefits by regularly doing recreation activities that you enjoy!

**ANY increase in physical activity can help prevent health problems and make you feel better.**

According to the Surgeon General's report, just 30 minutes of moderate activity added up over an entire day can help prevent disease.

- fly a kite
- plant a garden
- dance to your favorite song
- go swimming
- walk your dog
- do anything that's fun & active

It's good for you!

**Plan for fun activity every day and enjoy the benefits.**

**This booklet will guide you through steps to plan for more recreation in your life.**



# Why recreation?



“Do things that are fun for you and you will not have to worry about motivation.”

By increasing your physical activity, you can get through a day of “have to’s” and still have time and energy for the “want to’s.”



## Action Step 1

Check two reasons why you want to participate in recreation activities.

- be around people
  - enjoy nature
  - reduce stress and relax
  - feel a sense of achievement
  - be more physically active
  - be creative
  - have fun and play
  - another reason that’s important
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# What recreation activities would fit my needs?

## I want to . . .

### Be around people

give a party, sing in a choir, join an exercise class, join a club, get a pen pal, play on a sports team, attend worship services

### Enjoy nature

garden, cook out, picnic, collect rocks, watch birds, hike/backpack, go to a park

### Reduce stress and feel more relaxed

take a yoga class, go swimming, draw a picture, go fishing, work in a garden

### Feel a sense of achievement

care for a pet, volunteer, work on a collection, learn self defense, grow house plants, complete an art project, learn a new skill, take a computer class

### Be more physically active

fly a kite, play tennis, play miniature golf, walk at the mall, bike ride, work out with an exercise video, join an exercise class, lift weights, ski

### Be creative

do craft projects, go dancing, take photographs, play an instrument, take an art class

### Have fun and play

Choose any activity that you enjoy or think you might enjoy!

## Things to remember

- Don't limit yourself to programs just for people with disabilities, unless that is your choice.
- Consider the same recreation activities that are available to everyone.
- Explore your options and don't rule out an activity because of accessibility. Adaptive recreation equipment may allow you to participate in the recreation activity of your choice.
- Talk to staff, often they can make changes to an activity or location so you can participate.
- Have a family member or friend join you.



## Action Step 2

List one recreation activity you want to start doing:

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(Think about the reasons you checked in Action Step 1)

## Where Can I Go?

Here's a list of places that may offer recreation activities in your community

- City or county recreation department
- YMCA or YWCA
- Community college or university
- Churches, synagogue, temple
- 4H Club
- Boys' or Girls' Club
- Boy or Girl Scouts
- Service and social club
- Chamber of Commerce
- Fitness club
- Bowling alley
- Local library
- Historic site
- State park
- Shopping mall
- Fishing pond
- Arts, crafts and hobby shop
- Dance studio
- Museum or art gallery
- Volunteer service organizations (Rotary Club, Kiwanis)
- Local park
- Golf course
- Movie theater
- Horseback riding stable
- Martial arts school
- Skating rink
- Garden
- Home or neighborhood

# What activities can I do at home?

- garden
- care for a pet
- grow houseplants
- do an exercise video
- listen to music
- dance
- learn to use the internet
- write to a pen pal
- invite friends
- make craft items
- play games
- cook
- read

## Action Step 3

Think about the recreation activity you chose in Action Step 2. List some places where you can do that recreation activity in your community.

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## Things to remember . . .

### A good place to start

- Ask friends or other people in your neighborhood where they go for recreation.
- Look in the telephone book and local newspaper to find places that offer recreation activities in your community.
- Call your local library or Chamber of Commerce. They will also have information on recreation facilities and programs in your community.
- Remember, the Americans with Disabilities Act ensures that people with disabilities have the right to participate in the same recreation activities as everyone else.



"I do a few minutes of an exercise video everyday. I tape them on my VCR from the fitness channel on TV. It gives me a feeling of achievement."

## Questions to ask . . .

. . . when you contact places that offer recreation activities in your community:

- Where are you located?
- What recreation opportunities or special events do you offer?
- How much does it cost to participate in your programs?
- What are the times and dates of your programs?
- How do you register?
- Are your facilities and programs accessible to people with disabilities?
- What accommodations do you offer persons with disabilities?
- Do you have any recreation programs that are just for people with disabilities?
- Do you have any adaptive equipment that people with disabilities can use?
- How do you apply for financial assistance, if needed?



# What is stopping me?

## Common Barriers

## Possible Solutions

### Lack of money

- Search for activities that are free of charge
- Ask about tuition assistance
- Budget your money for something special you want to do

### Lack of time

- Schedule time for recreation
- Choose something you can do at home
- Choose activities that do not take much time or a lot of planning

### Not enough friends

- Choose group recreation activities where you can make new friends
- Take a class or join a club
- Volunteer

### Don't know how to do that activity

- Take a class to learn how to do the activity of your choice
- Ask recreation staff for assistance

### No way to get there

- Consider public transportation such as a bus or cab
- Search for agencies that may offer transportation
- Ask a friend if you can do something for them in exchange for a ride

### Not sure if I can do that activity

- You don't know until you try
- Consider using adaptive equipment or modifying the activity
- Ask your instructor or activity leader to help you brainstorm ways to adapt the activity so you can participate

## Think About Using Adaptive Recreation Equipment

Adaptive recreation equipment allows some people with disabilities to more fully participate in the recreation activities of their choice. Examples of adaptive equipment include:

- motorized fishing reel
- handle grip for a bowling ball
- hand pedaled bike
- all terrain wheelchair
- card holder
- extended handle for garden tools
- adapt your own tennis racket by wrapping foam rubber and masking tape around the handle for easier grip



### Action Step 4

Is there anything stopping you from doing the recreation activity you chose in Action Step 2? (Ask friends or family to help you think of solutions.)

List your barrier

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List possible solutions

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## Recreation Plan of Action

What do I want out of my recreation?

(LIST YOUR ANSWERS FROM ACTION STEP 1)

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What recreation activity do I want to do?

(LIST YOUR ANSWER FROM ACTION STEP 2)

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Where can I go to do this recreation activity?

(LIST YOUR ANSWER FROM ACTION STEP 3)

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How will I deal with any barriers that might get in my way of participating in this recreation activity?

(LIST YOUR SOLUTIONS FROM ACTION STEP 4)

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People who will support me:

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Other things I need to do, think about or decide:

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## What if the activity I choose does not work out?

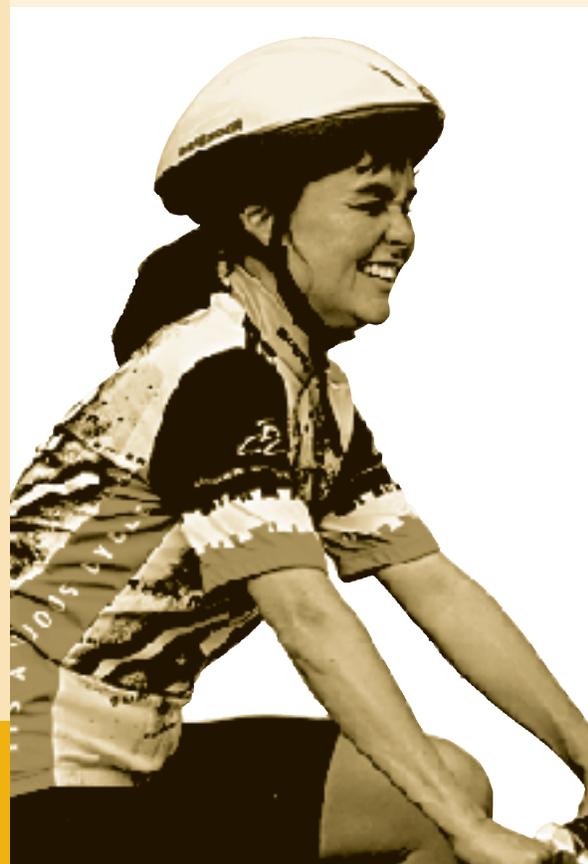
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- This guide may be a starting point for you. You may need to look for more information or other resources to get started
- Do the action steps in this guide again to help you come up with ways to get started or find a new activity that meets your needs
- Include your family and friends in your planning and problem solving
- Find others to try activities with you
- Each time you try a new activity, even if it doesn't work out, you will develop strategies for future success
- Think of what you can do, not just what you can't
- If at first you don't succeed, try and try again

## Tips for staying active

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- Keep goals realistic and achievable
- Start small
- Find a variety of activities that you enjoy doing
- You may find that you are more motivated if you participate with a friend
- Recreate on a regular basis . . . . You schedule time for lunch, schedule time to recreate
- Don't limit yourself, you deserve it
- If it does not work out . . . try another activity!





*A great resource on physical activity and disability—*

**NCPAD** National Center on Physical Activity and Disability

Department of Disability and Human Development  
University of Illinois at Chicago  
1640 West Roosevelt Road  
Chicago, IL 60608-6904  
(800) 900-8086 toll free  
(312) 355-4058 fax  
Web: [www.ncpad.org](http://www.ncpad.org)

**The North Carolina Office on Disability & Health**

is a partnership effort of the NC Division of Public Health and the UNC-CH FPG Child Development Institute to promote the health and wellness of persons with disabilities in North Carolina.



**North Carolina Office on Disability & Health**

NC Department of Health and Human Services  
NC Division of Public Health  
1928 Mail Service Center  
Raleigh, NC 27699-1928

<http://wch.dhhs.state.nc.us/cay>

For additional copies and information on alternate formats, contact:

**North Carolina Office on Disability & Health**

Campus Box 8185, UNC-CH  
Chapel Hill, NC 27599-8185  
Fax: (919) 966-0862  
Web: [www.fpg.unc.edu/~ncodh](http://www.fpg.unc.edu/~ncodh)  
Email: [odhpubs@mail.fpg.unc.edu](mailto:odhpubs@mail.fpg.unc.edu)

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