



Canada

# Benefits of a Active Lifestyle



**ACTIVE  
LIVING  
ALLIANCE**

FOR CANADIANS  
WITH A DISABILITY

**ALLIANCE  
DE VIE  
ACTIVE**

POUR LES CANADIENS/  
CANADIENNES AYANT  
UN HANDICAP

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

## Benefits of an Active Lifestyle

The following presentation will go over:

- Immediate Benefits from Leisure & Recreation
- Long Term Benefits from Leisure & Recreation
- Strengthening of Friendship
- Improve Self Concept or Self-Esteem
- Communication Skills
- Interaction & Socialization Skills
- Reinforced Academic & Daily Living Skills
- Learn & Practice Decision Making Skills
- Development of Coping Skills
- Develop Motor Skills
- Physical Benefits

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Leisure & Recreation Benefits

- Strengthening of Friendship
- Improve Self Concept or Self-Esteem
- Communication Skills
- Interaction & Socialization

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Long Term Benefits

## Leisure & Recreation

- Reinforced academic & daily Living Skills
- Learn & practice decision making skills
- Development of Coping Skills
- Develop Motor skills

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Strengthening of Friendship

- Establish friendships regardless of abilities
- Indicates preference of friends
- Learn to mutually share during play
- Invites friends to engage in fun activities
- Learn to respond to friends invitations

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Improve Self Concept & Esteem

- Appraises own strengths & abilities
- Demonstrates & develops confidence in abilities
- Expresses opinions
- Raises awareness of cultural, spiritual & ethnic self
- Accepts challenges & adventure
- Embraces humor

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Communication Skills

- Communicate with others
- Make choices & decisions
- Follow instruction
- Respond appropriately to questions
- Use alternate means of communication
- Greet others

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Interaction & Socialization Skills

- Initiate & sustain social interactions
- Learn & maintain socially acceptable behavior
- Accept assistance & feedback from others
- Learn to share & take turns with others
- Learns to follow directions & procedures

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Academic & Daily Living Skills

- Aware of “Life Direction”
- Able to discriminate color, shapes & sizes
- Aware of spatial relations
- Able to use resource materials: Telephone Book, Newspaper
- Applies money management skills
- Applies Telephone skills
- Use Organizational skills

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Decision Making Skills

- Express preferences
- Select activities from available options
- Make choices during activity
- Recognize need to prioritize
- Develop planning skills

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Development of Coping Skills

- Develop strategies for coping
- Utilizes stress reduction techniques
- Develop natural supports
- Learn when to ask for help

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Develop Motor Skills

- Develops strength, flexibility & coordination
- Improve & maintains physical fitness & health
- Improves gross & fine & motor skills

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Physical Benefits

- Improved vigor/endurance
- Improved cardiovascular health
- Control of body weight
- Enhanced muscular fitness
- Improved immune responses
- Lessens the likelihood of depression

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Summary

This presentation promoted the importance of leisure & recreation & the benefits it provides. Continuous development in active living highly affects the mental & physical well being of those with disabilities.

Promoting a new perspective on disability  
Voir au-delà du handicap



Canada

# Thank You

This Healthy Lifestyle and Person with Disabilities Initiative is a partnership between the Canadian Association of Independent Living Centres (CAILC) and the Active Living Alliance for Canadians with a Disability (ALACD). This partnership and its outcomes were made possible through funding from the Public Health Agency of Canada. This power point presentation was created by the Winnipeg & St. John's Independent Living Centres.



**ACTIVE  
LIVING  
ALLIANCE**

FOR CANADIANS  
WITH A DISABILITY

**ALLIANCE  
DE VIE  
ACTIVE**

POUR LES CANADIENS/  
CANADIENNES AYANT  
UN HANDICAP

**Promoting a new perspective on disability  
Voir au-delà du handicap**