

Adaptive and Inclusive Recreation

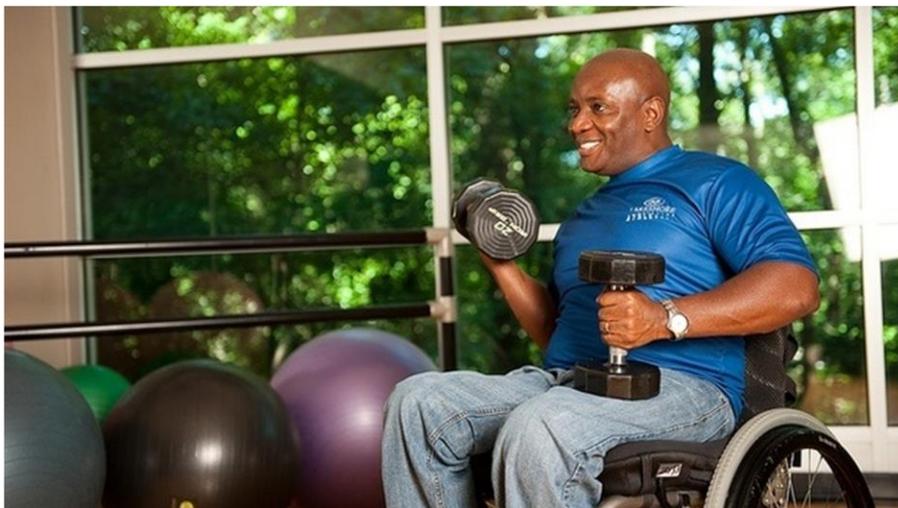


What is Adaptive and Inclusive Recreation?

With over 120,000 feet of recreation space, which includes over \$1 million dollars of cardio and strength equipment, and plenty of fitness, sports, arts and music programming, The Epic recreation center is well equipped for adaptive and inclusive programs, events and activities. Inclusive recreation, also known as adaptive or accessible recreation, is a concept whereby people with disabilities are given the opportunity to participate in recreational activities. Through the use of activity modifications, members are able to participate in most of the activities available for able bodied/minded members.

We define disability as any condition of the body or mind that makes it more difficult for the individual to do certain activities and interact with the world around them. The following is a list of, but is not limited to, disabilities that warrant adaptive and inclusive accommodations:

ADD/ADHD
Amputation
Asperger's
Autism
Cardiac Rehabilitation
Cerebral Palsy
Down Syndrome
Injury Rehabilitation
Muscular Dystrophy
Obesity
Spinal Cord Injury
Spinal Bifida
Stroke Victims



Adaptive Fitness

Everyone, including people with disabilities, needs physical activity for good health. Regular exercise can help control weight, improve mental health and lower risk for death, heart disease, type 2 diabetes and some forms of cancer.

For the estimated 1 in 5 who have a disability in the United States, it is estimated that nearly half the adults with disabilities do not participate in any aerobic activity. With the Epic's multi purpose space, tracks and adaptive cardiovascular equipment, we can provide numerous ways to increase aerobic capacity. Examples of aerobic activities for disabled members include walking, water aerobics, swimming, hand-crank bicycling, and various wheelchair athletics. Also, through the adaptive use of free weights and machines, there are many resistance-based exercises to enhance muscular fitness.

Adaptive/Inclusive Fitness at The Epic

The fundamental concepts for overall fitness still apply to adaptive and inclusive exercise. In other words, we use the same basic protocols to achieve goals. Generally, these include but are not limited to:

- For weight loss, the participant will burn more fuel than they consume, measured by calories. The reverse is true if weight gain is the goal
- For strength gain, use resistance bearing exercise the participant lifts more weight than they are used to in order to stress the muscles so that they will become stronger
- For endurance, perform sustained exercise for longer than participant is used to, allowing for better aerobic and/or muscular performance over time
- The goal of progression still applies, where the participant shows progress by enhancing performance on the above variables. (Ex: Increasing strength each week)

At the Epic, an initial, free fitness assessment is available for anybody that signs up for one. In this assessment, we will determine a baseline understanding of the member's health and talk about precautionary methods/accommodations as it relates to disability. Moreover, we will be offering personal training, group fitness, and other fitness classes in addition to our well equipped weight lifting/machine area. We will strive to make all of our fitness areas, programs and services adaptive and inclusive.

Adaptive and Inclusive Fine Arts

It's long been proven that art and music can be therapeutic for people, regardless of ability. Whether attending a concert or participating in an art class, studies have proven that these forms of recreation can lower stress, relieve anxious or depressed feelings and generally elevate one's mood. Not to mention, developing a hobby in these areas brings about balance in life along with a sense of accomplishment, leading to increased self esteem and confidence. Our ADA



compliant concert venue can be equipped with sign language interpreters for musical performances. We will have sensory friendly movies and events for autistic participants. Our art classes will be adaptive so that everyone can enjoy the feeling of creating a masterpiece. All areas of our facility will be wheelchair accessible as well.

All-Inclusive Playground

We are proud to introduce PlayGrand Adventures, the largest all-inclusive playground in the metroplex. Described as “an epic play experience for all ages and abilities,” this playground will be outfitted with one-of-a-kind features which allow kids to be in a stimulating and interactive environment. Additionally, 100% inclusive means teens and adults are also welcome. The playground will include areas that allow all ages to enhance social/emotional security and well as sensory, physical, cognitive and communicative skills. This is all in addition to the fun they’ll have while being active.



For more information on adaptive and inclusive programming and how we can better serve your needs, please contact:

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