

Millions of adult Americans without a disability have one or more chronic illnesses. The current estimate is 53 million.

Approximately 22 million Americans have one or more disabilities.

Like their 53 million able-bodied American counterparts, people with a disability may engage in health behaviors that increase their risk for additional health disabilities. These behaviors include lack of regular physical exercise, poor nutrition, and excessive caloric intake.

Such behaviors have been shown to increase risk for leading causes of premature health disabilities and mortality such as obesity, heart disease, cancer, diabetes, asthma and stroke.

Our Mission

To provide individuals with disabilities increased options for daily access to physical activity, better nutrition, recreation, socialization and job training.

Our Vision

- To create an environment where people of all abilities have equal access to routine physical activity and better nutrition.
- That routine physical activity and healthy nutrition become easier choices.
- To recognize the concrete evidence that individuals, when given the appropriate skill sets, social support and access to a well-deserved healthier environment, excel; their health and well-being improves and their likelihood for long and gainful employment is enhanced.

*For more information,
please contact us at
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Supporting, promoting and providing routine physical activity, nutrition education and employment services for people with disabilities

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