

NO BARRIERS

A Publication of the Florida Disabled Outdoors Association



Special points of interest:

- SportsAbility 2006
- RAPAD Program
- New FDOA Members

10 Fitness Trend Predictions for 2006

The American Council on Exercise (ACE), today announced its top 10 fitness trend predictions for 2006.

1. **Teenagers and kids are utilizing personal trainers for sport-specific training.** As the number of student athletes increases, so does the importance of sport-specific training.
2. **Clubs and trainers offer more flexible workout sessions.** Small group personal training continues to grow.
3. **In-home training grows in popularity.** Participants are looking for variety in their workout regimen and a home gym can be a comfortable and convenient place.
4. **An increase in specialized fitness programming for older adults.** A well-balanced fitness program offers many benefits for seniors.

5. **Simple exercise habits, such as a walk-a-day, remain popular.** The nation's growing waistline can best be fought with a minimum of 60 minutes of exercise per day.
6. **Balance training continues to be a strong trend.** Balance training activities and equipment are among the fastest growing and most popular
7. **Employers are encouraging fitness and weight loss.** A vast majority of adult Americans are inactive and overweight, at times costing their employers to lose revenue due to increased rates of absenteeism, higher health and medical expenses, and reduced productivity.
8. **More and more restaurants are offering healthier nutrition options.** Many Americans are demanding to know what's

in their meals and restaurants are responding by offering nutritional content listed on their menus.

9. **A growing tendency to blend popular mind-body programs such as yoga and Pilates with more traditional forms of exercise.** These fusion classes and programs will combine the traditional elements of a fitness regimen with many of the key elements of mind-body activities including proper posture, breathing and body awareness.
10. **Functional fitness continues its strong presence in personal training sessions and group fitness classes.** Functional strength training and/or core strengthening activities enhance coordination, strength and endurance in everyday activities.



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Partnership with Tallahassee Orthopedic Clinic

FDOA recently formed a partnership with the Tallahassee Orthopedic Clinic (TOC).

Tallahassee Orthopedic Clinic offers an innovative approach to orthopedic care. TOC has the same mission and goals as FDOA; both organizations strive to promote active leisure for life!

The staff treats a full spectrum of patients with various orthopedic

problems. Ranging from high-school sports injuries, to the total replacement of joints.

The Tallahassee Orthopedic Center has pledged not only financial support to FDOA, but more importantly a commitment of involvement of TOC staff in FDOA activities throughout the year integrating the two organizations for a true partnership.

If you would like more

information, please contact David Jones at info@fdoa.org or at (850) 668-7323.



Mobility Impaired Hunt Program

Another hunting season has come to an end. Outdoors people in the State of Florida that have a mobility impairment and also enjoy the hunting experience have had the opportunity for many quality outings.

The mobility hunt program that the FDOA has developed in conjunction with other government agencies has set the

benchmark for programs of this nature across the country.

The Florida Fish and Wildlife Conservation Commission (FFWC) has been a leader and set an example for other states and government agencies across the country in providing a high quality mobility impaired hunt program.

There are now 19 specific special hunts held across the state that issued 687 wildlife management area quota permits for certified mobility impaired hunters.

The Florida Disabled Outdoors Association would like to formally recognize Ken Haddock and Vic Heller of the FFWC for their leadership and willingness to include people with

disabilities in their hunting program.

The FDOA and the Commission have also developed ways to accommodate people with disabilities into the regular WMA hunts.



SportsAbility Tallahassee 2006!!

The dates are set for SportsAbility Tallahassee 2006 – April 21-22.

Some of this years events include:

Day 1—April 21
Tallahassee Community College

- RESOURCE EXPO
- Basketball
- Tennis
- Table Tennis
- Goal Ball
- Fishing Simulator

- Billiards
- Dancing
- Archery

Day 2—April 22

- **FSU Seminole Reservation**
- Golf
- Horse and Wagon Rides
- Water Sit Skiing
- Swimming
- Sailing
- Pontoon Boat Rides
- Archery and Shooting
- Canoeing and Kayaking

- Hand-pedaled Bikes
- Wave Runners
- ATV Rides
- Fishing

The event is free for all participants thank you to our sponsors!

To stay updated with information, visit www.fdoa.org/sportsability.htm

We encourage all disability

organizations to participate!!

This event serves the entire disability community! Please contact us at info@fdoa.org or (850) 668-7323 and join us!!



Power Soccer!

FDOA's Wish List

As many of you know, FDOA operates with extremely low overhead. We have no full-time employees. To accomplish our goals, FDOA relies on its many volunteers and sponsors.

In-kind donations are also crucial to the operation of FDOA.

Currently, the needs of FDOA include:

- Lobbyist willing to

provide advice on an occasional basis

- Silent Auction items for SportsAbility

- Writer willing to assist with the newsletter

Please e-mail info@fdoa.org or call (850)668-7323 with any questions you may have.



New Florida Disabled Outdoors Association Members!!!!

Business Membership

Tallahassee Memorial

Family Memberships

Judith Barrett
Melissa Outten
Terry Ward

Individual Members

Nancy Branch
Kathy Condit
Rick Farren
Stanley Harris

Sherry Lambert
Scott Weeks
Chris Whitley
Duane Williams

Not-for-Profit Memberships

Marion Anderson/Brooks Health

FDOA RAPAD Program – Marshal Arts Class

On November 10th, the FDOA, through the Recreation Activity Program for Adults with Disabilities (RAPAD), held a marshal arts class in Tallahassee. Gerald Murphy, who has been recognized nationally and internationally and has taught people of all disabilities, led the class. The first class was held to determine if people would enjoy the class and if there was an interest in continuing.

Everyone in the class found it extremely rewarding and fun! They decided they would pursue the class on a weekly basis which

commenced on February 1st.

The Recreation Activity Program for Adults with Disabilities is a program designed by the FDOA which is funded through a grant by the Department of Vocational Rehabilitation for adults with disabilities that reside in **Leon, Wakulla, or Gadsden counties** in Florida. FDOA is pursuing funding that will enable this program to be provided throughout the State of Florida.

The program is designed to stimulate and educate persons with disabilities on the opportunities available

in sports, recreation and leisure. FDOA works with each person individually to remove barriers to participating in active leisure with the goal of increased independence.

The RAPAD programs assist people in developing personal recreation goals. Opportunities exist for group outings as well as individual activities.

If you are interested in the marshal arts class or getting involved in the RAPAD program, please e-mail info@fdoa.org or call 850-201-2944 x11.



Gerald Murphy
Marshal Arts Instructor

Membership Application

How can YOU support the efforts of the Florida Disabled Outdoors Association? **Become a member of the FDOA!**

Your assistance is valued and truly appreciated!! When you become a member of the FDOA, you not only support the programs mentioned in this newsletter, but you **ensure their continued success and growth.**

Yes, I want to ensure that FDOA's programs continue! Please accept my support at the following annual dues membership level:

- \$20.00 Individual
- \$50.00 Family
- \$100.00 Not-for-Profit
- \$200.00 Business
- \$1,000.00 Patron
- \$2,500.00 Trustee
- Please accept my additional donation of \$_____.

FDOA is a 501 (c)(3) nonprofit organization and gratefully accepts donations and in-kind gifts. All contributions are tax deductible.

Name _____

Organization _____

Address 1 _____

Address 2 _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

E-mail _____

Please indicate any areas in which you would be willing to help.

- Marketing / Promotion
- Fund Raising
- Event Planning
- Finance / Accounting
- Computer Applications / Web Development
- Musician
- On-site assistance at functions
- Other _____

Please mail your membership application to:

FDOA
2213 Tallahassee Drive
Tallahassee, FL 32309



Non-Profit
U.S. Postage
PAID
Tallahassee FL
Permit #834

Active Leisure for Life!

2213 Tallahassee Drive
Tallahassee, FL 32309

Phone: 850-668-7323
Fax: 850-894-0875
Email: info@fdoa.org

WE'RE ON THE WEB!

WWW.FDOA.ORG

President's Report



David Jones
FDOA President

Another page on the calendar flips and the new year begins!

The FDOA made many accomplishments this year and the horizon is looking extremely promising as we start 2006. We continue in our initiative to promote better health and wellness for people with disabilities through avenues such as the Department of Health Step Up Florida program. We are currently in our 3rd year as a State of Florida partner where we have continually encouraged the inclusion of people with disabilities. This

year, Governor Bush and the State of Florida have made inclusion for people of all abilities a priority in this effort.

On February 16, the FDOA participated in the rally at the steps of the Capitol with our message that people with disabilities need and desire opportunities to participate in active leisure and physical activity.

The FDOA has also committed to the National Park and Recreation Association's National Step Up to Health Community

efforts to improve the health of ALL Americans.

FDOA will be an active player in advocacy and promotion of this health initiative as the official liaison to the disability community in Florida. Through newsletters and e-mails, we will provide you with information relevant to you on inclusion and access on a national level.

Active leisure for life!

