

**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,  
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**Supporting, promoting and providing routine physical activity, nutrition education and employment services for people with disabilities**

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**People with a disability have six times the risk of having multiple chronic illnesses than their age-matched able counterparts!**

The health disparity between the able and disabled continues to widen, and the human and economic costs continue to spiral out of control.

At MovingWithHOPE, our belief is that the problems of this huge health disparity in people with disabilities are located in society, not in the individual.

**There is no single solution. But any solution must go beyond tinkering. Fortunately, a solution has begun!**

MovingWithHOPE has begun by providing a five-hour day program for people with physical disabilities.

This program is offered 250 days per year. We call it ***The ReturnAbility Center™***.

## ***The ReturnAbility Center™***

The program is designed to enhance the following three areas:

### **HEALTH**

- Routine physical activity and therapeutic exercise
- Healthy eating every day
- Indoor and outdoor recreation and day trips

### **SOCIALIZATION**

- Daily inclusion of all participants with able-bodied participants regardless of age or ability
- Group support facilitated by a certified professional

### **EMPLOYMENT SERVICES**

- Onsite employment services including situational assessment, job seeking skills training, on-the-job and job-related support and assistance with résumé writing, interviewing, and job-related problem solving

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