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PLAN TO MOVE: An online resource for youth with disabilities

Plan to Move is an online resource designed to provide youth with disabilities a set of tools and strategies to increase their physical activity. Whether this means wanting to start being active or increasing current levels of physical activity, this resource was developed with the purpose of helping youth achieve their personal physical activity goals.

Plan to Move provides detailed, step-by-step approaches for youth on the following topics:



FIND YOUR WHY

The first step is to think about **why** you want to engage in physical activity, what kind of **benefits** you hope to experience, and **why** these benefits are important to you.

<https://plantomove-week1.weebly.com/>



GET CREATIVE

Keep an open mind about physical activity to include activities that you enjoy – this helps boost confidence! Try going for a walk or wheel, or sign up for a fun dance class!

<https://plantomove-week2.weebly.com/>



SET GOALS AND PLAN ACTION!

After thinking about what motivates you to be active and different types of activities you like, it is important to set **achievable goals** and **make a plan to achieve those goals**.

<https://plantomove-week3.weebly.com/>



OVERCOME BARRIERS

Sometimes, things don't go according to plan. But, there are strategies to help you **get back on track and prevent future obstacles** to achieving your physical activity goals.

<https://plantomove-week4.weebly.com/>

Ability Insights

WHAT DOES PLAN TO MOVE LOOK LIKE?

LET'S THINK ABOUT THE BENEFITS OF PHYSICAL ACTIVITY!

Why should I be more physically active?



For the first week of this program, we want you to think specifically about why you want to be more physically active. What kind of benefits do you think physical activity has to offer, and how do you think these benefits relate to you?

Let's learn about some of the benefits together!



WHAT IS A GOAL? HOW DO WE SET GOALS?

A goal is something that we strive for and want to accomplish. For example, wanting to have better upper body strength or lose weight are goals. But, these goals are too long-term and general, and making a plan of action for these types of goals can be challenging!

That's why we have to set **short-term** and more **specific** goals that are easier to plan for and to achieve! Also, setting short-term goals will help you achieve your long-term goals.



HERE'S A TIP!

There are two important things to think about when setting a short-term goal: the goal must be **challenging**, but still **achievable**!

[LET'S LEARN HOW TO SET GOALS!](#)

Scheduling

HERE ARE SOME SCHEDULING STRATEGIES!

#1. Use a calendar or planner

- Identify when and how much time you have available
- Write it out, and be specific!
- Dedicate a section to your physical activity and well-being activities



THE RESEARCH BEHIND PLAN TO MOVE

The use of online resources and programs is quite novel in youth with physical disabilities. However, not much was known at the time whether this strategy would be effective in youth with disabilities. Therefore, we carried out research to understand whether Plan to Move was practical and effective.*

WHAT DID WE FIND?

Plan to Move is practical.

The research showed that it can be easily delivered to and completed by youth with disabilities, and that it was generally accepted as helpful and easy to use. Youth indicated that it helped them reframe their perspectives on physical activity and provided them with a set of valuable skills they could use in the future.

After completing Plan to Move, youth reported **increases in their confidence** to participate in physical activity and overcome personal barriers.

Youth also engaged in more goal-setting and planning behaviours. These are critical strategies for sticking to a physically active lifestyle!

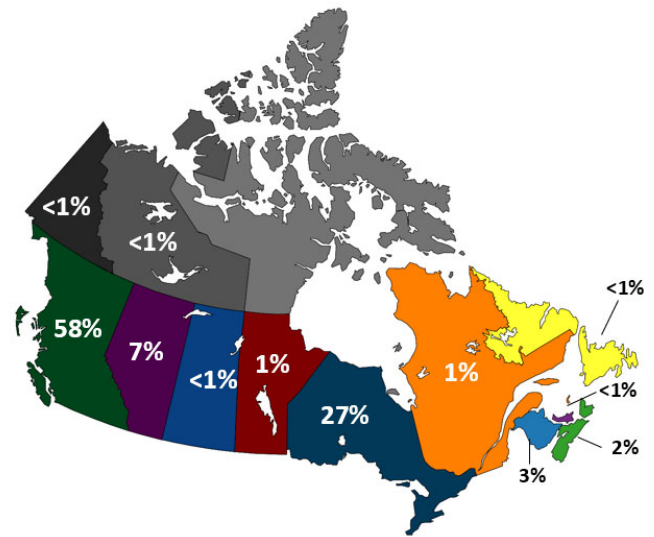
*This research was conducted by Ritu Sharma as part of her Master's thesis. The academic publication is forthcoming. In the meantime, if you would like to learn more, please get in touch with Ritu (contact information on Page 3).



NPAM STUDY: WHAT ARE WE UP TO?

We have almost 500 participants! We are excited that people from across Canada are joining the study. Recruitment and data collection are ongoing. If you are a parent of a child with a disability, you are invited to take part in the study too!

Members of our research team have presented some of our preliminary findings at academic conferences. As an important stakeholder in our research, we want to keep you in the loop! Read below for some of our key findings thus far.



Preliminary Findings*

PHYSICAL ACTIVITY

11% of children and youth with disabilities engage in physical activity for at least 60 minutes every day.

SCREEN TIME

32% of children and youth with disabilities engage in screen time (i.e., television, computer, video games) for **two hours or less** per day.

SLEEP**

80% of children and youth with disabilities are meeting their age-appropriate guideline for sleep.

**Items from the Health Behaviours in School-Aged Children Survey and the ISCOLE Diet and Lifestyle Questionnaire*

*** 9 to 11 hours for those aged 5 to 13 years, and 8 to 10 hours for those aged 14 to 17 years.*

GET INVOLVED.

We're looking to grow our Family Advisory Committee! We encourage **parents and youth** who want to **share their thoughts and ideas** about what matters to them when it comes to physical activity research for kids with disabilities to get involved! If you're interested in becoming a member of the CDPP Family Advisory Committee, please contact Dr. Jennifer Leo at jennifer.leo@ualberta.ca.

YOUTH SPOTLIGHT.

If you are a child or youth with a disability, we would love to share your physical activity related stories (good or not so good). Of course, we will make sure you remain anonymous and that no identifying information is included, if that's important to you. If you'd like to share an experience in an upcoming newsletter, please contact Ritu Sharma at ri.sharma@mail.utoronto.ca.