

# Sports, Exercise, Recreation (Living Healthy) “No Barriers”



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In June, I had the wonderful opportunity to participate at the No Barriers Festival held in Miami at the Shake-A-Leg foundation. This organization helps children and adults with physical, developmental and economic challenges; liberating them from the realm of imagination into the realm of experience. Their activities include kayaking, fishing, scuba diving and many water based sports and recreational opportunities. ([www.shakealegmiami.org](http://www.shakealegmiami.org)).

No Barriers is a not-for-profit organization formed in 2003 with a goal of promoting innovative ideas, approaches, and assistive technologies which help people with disabilities push through their own personal barriers to live full and active lives. ([www.nobarriersusa.org](http://www.nobarriersusa.org)). There were a number of exhibitors that had amazing technologies and programs to enable individuals with disabilities participate in various outdoor activities. As part of the festival there was also roundtable discussions on how to increase access.



Whether it is outdoor or indoor activities there are more technologies becoming available for various sports. For fishing enthusiasts: the Elec-Tra-Mate 312HS weighs only 28.5 ounces comes with the Penn 320GTi reel. It has a retrieve speed of 322 feet per minute. The 312-HS is designed for heavy fresh water or light saltwater fishing and because of its lightweight and balance is perfect for individuals with disabilities. For complete portability, a battery pack and charger are included.

The handle ball is a standard plastic bowling ball which has a unique grip that retracts back into the ball once released. Ideal for people with limited hand or wrist strength or those who have difficulty bending down. They can also be used by bowlers sitting down. These balls make ideal Christmas or birthday presents for the enthusiastic bowler and cost about \$150.

As medical, athletic and insurance businesses turn to aquatic therapy, the need for a versatile swimming pool is significantly increased. ADG—North America’s only manufacturer of movable pool floors—can custom design and manufacture a high quality stainless steel therapy pool to your specifications. It can have a movable floor, exercise bars, therapy jets, treadmill and viewing windows for patient monitoring. The movable, non-skid floor adjusts to any height, allowing people of any physical condition to enjoy the pool in full confidence. AFW® movable floors eliminate the need for complicated slings, hoists or access ramps.





And for the other pool (table), there is a cue stick is so easy to use. All you have to do is set the power line up the cue and push the trigger. There is no more stroke necessary with this device. This will help you get the perfect shot every time. This cue is perfect for those with limited grasp or no finger movement at all. The trigger is easily depressed to "fire" the spring loaded cue. (<http://www.accesstr.com>).

The cost is \$160.

If you would like to see some new inventions in the beginning stages or have an idea you would like to implement visit [www.disableddealer.com](http://www.disableddealer.com) and click on top left banner "Rehab Ideas"

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