Physical Activity Fair On Temple University Campus

The TU Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities is excited to announce that it will host a Physical Activity Fair, Thursday, October 8, 2015, 9am-1pm. Students, neighbors and teams from mental health agencies throughout the city are encouraged to attend. This fair is designed to educate, entertain and inspire people to get movin’. In this effort, the event will offer information related to: 1) the importance of physical activity, 2) community resources to enhance physical activity levels, 3) strategies to incorporate physical activity into daily life, and 4) setting and monitoring physical activity goals. Activities will be available throughout the morning, including:

**Educational Sessions** led by the TU Collaborative, Indego and the Bicycle Coalition, and the YMCA will cover topics such as the benefits of physical activity and tips to maintain the motivation necessary to incorporate enjoyable physical activities into your daily life.

**Activity Sessions** will be facilitated by the YMCA, Roots Philly Yoga and local fitness businesses. These groups will offer low to medium intensity exercises. Movements will be taught that can be done in the home or anywhere, without expensive gym memberships or equipment. Participants will be encouraged to continue exercising independently.

**Information Tables** will be staffed by community organizations and businesses like Temple Runners, Get Healthy Philly, Philadelphia Parks & Recreation, Ingedo, the YMCA, Back on My Feet, the November Project and others. Staff members will discuss free and low cost activities in the Philadelphia area. Tables will include sign-up sheets, applications and information including scholarships and financial aid so that guests can get started as soon as possible. Recreation Therapy students from Temple University will help guests identify interests and places where they can participate in these activities.

While this fair will be open to all, it will focus on connecting people with severe mental illnesses to sustainable resources for physical activity. These individuals are typically more sedentary and less likely than the general population to maintain optimal physical activity levels. Individuals with mental health conditions have a life expectancy that is up to 30 years less than the general population, often due to avoidable issues. With community support, this fair will connect people to resources that promote sustainable opportunities for physical activity in an effort to enhance overall wellness and quality of life.

**This is a free event.** There are no costs associated with entrance or participation in activities.

**Date:** Thursday, 10/8/2015, 9am to 1pm

**Location:** Howard Gittis Student Center on TU’s main campus, 1755 N. 13th Street, Floor 2, Rooms B & C

To learn more about this event and how you can get involved, please contact:

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The Temple University Collaborative is funded by the National Institutes on Disability, Independent Living, and Rehabilitation Research (NIDILRR) to conduct research to improve opportunities for community inclusion of individuals with psychiatric disabilities.