



Fit for Life Programs Help Blind and Deaf Youth Get Moving and Keep Moving!

Given that a majority of blind and deaf adults live with health problems caused by inactivity, it's no wonder Arizona Blind and Deaf Children's Foundation focuses significant effort on its *Fit for Life* program area. *Fit for Life* programs help blind and deaf youth reach their physical potential, ensuring healthy, active lives.

Since its inception in 2002, Arizona Blind and Deaf Children's Foundation has created, incubated, promoted and funded a variety of fitness-oriented programs, including:

Camp Abilities

"A loss of sight, but never a loss of vision," the motto of Camp Abilities, is an apt description of the camp's intent and its results. For the past five years, up to 30 campers participate in dozens of sports and recreation activities on the Tucson campus of Arizona Schools for the Deaf and Blind during the first week of summer vacation. Activities at the week-long camp range from goal ball, to bicycling, to bowling to salsa dancing, to art—a new addition in 2008.

Arizona Blind and Deaf Children's Foundation helped establish Camp Abilities in 2003, and according to the Camp's Director, "The kids learn so much, and the friendships formed at the Camp are life-long, which is so important for each camper. The potential for kids who are blind to lead sedentary lifestyles is high due to lack of physical activity, socialization and added barriers. Camp Abilities provides a pathway to break barriers and provides a safe environment for kids to learn and develop friendships"

Winter Experience

Since 2003, students from Arizona School for the Blind have been going downhill—skiing, that is!

Thanks to efforts by one of the Foundation's founding members, between 10 and 15 blind and low-vision youth have experienced a true winter wonderland, with a long-distance ski trip to either Telluride or Winter Park. The trips have also included a variety of winter activities, ranging from ice skating to snow castle building, to fireside chats. More than a recreational event, time is set aside for discussions, social experiences, and life learning.

Super Saturdays

Recipe for fun: take a group of children and their families, add cycling, beep ball, and food, and mix with water games and swimming and what do you get? Super Saturdays, of course!

This great family recreational opportunity is open to families of all blind and deaf children in southern Arizona. Right now, the program is mostly an ad-hoc, volunteer-run affair, but the Foundation is working to find support for a more consistent program.

Ideally, Super Saturdays will be a monthly event open to blind, deafblind and multiply disabled youth aged 5-16, providing a range of physical activities including fitness walking, goalball, biking, aquatics, weight training, beep baseball, and track and field.

Arizona Blind and Deaf Children's Foundation supports other *Fit for Life* programs, including a golf camp for deaf children. For more information, or to contribute to *Fit for Life* programs, contact Arizona Blind and Deaf Children's Foundation, 520.577.3700, or e-mail info@azblinddeafchildren.org.



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