ADAPTIVE PHYSICAL ACTIVITY PROGRAM (APAP)

HOW TO GET INVOLVED

There are two convenient ways to join APAP:

1. Download our Referral Form from: [www.hms.uq.edu.au/apap](http://www.hms.uq.edu.au/apap) and return completed form to the Program Coordinator (Melinda Keynes) by e-mail or mail (see below).
2. Contact the Program Coordinator to request a ‘Referral Form’ or more information. Please see contact details below.

APAP STAFF

Dr Sean Tweedy
Program Director

Melinda Keynes
Program Coordinator

HOW TO FIND OUT MORE

For further information please contact:

Adapted Physical Activity Program (APAP)
School of Human Movement Studies,
University of Queensland
Brisbane QLD 4072

Melinda Keynes
Program Coordinator

Phone: (+61) 7 3365 6117 or 0429 579 392
Fax: (+61) 7 3365 6877
Email: apap@hms.uq.edu.au

Or visit: [www.hms.uq.edu.au/apap](http://www.hms.uq.edu.au/apap)

ADVANTAGES OF APAP

Qualified staff — Interventions are delivered by Accredited Exercise Physiologists who have experience working with people with disabilities and have specific skills to assist people to become more physically active.

We go to you — No transport required, no special equipment needed, and we do it at a time that suits you.

It is effective — Research shows that APAP definitely gets people more physically active. It is based on the best available evidence in the areas of exercise physiology and physical activity promotion.

Help you to help yourself — We provide you with the knowledge and skills that you need to remain physically active long after our visits have stopped.

It is FUN! — We put considerable time and energy into identifying activities you enjoy so you want to stay active (rather than just giving you exercise programs that we think are good but which you don’t enjoy and may never do).

Something positive — We don’t build everything we do around your disability. Instead, we help you to explore your potential and work out ways to optimise your current health and prevent sickness and poor health in the future.

More than rehab — Physical activity is not only good for your health but can be a terrific way to help you meet people and make friends.
FACT # 1: BEING INACTIVE HAS SERIOUS CONSEQUENCES

- **Increased disease risk**: People who are inactive have an increased risk of diseases of inactivity such as heart disease, diabetes, high blood pressure, depression and some cancers.
- **Decreased fitness and functioning**: People who are inactive tend to have decreased strength and flexibility, lower fitness and higher body fat.

FACT # 2: PEOPLE WITH A DISABILITY ARE 50% MORE LIKELY TO BE PHYSICALLY INACTIVE THAN THE GENERAL POPULATION AND THEREFORE THEY:

- are more prone to developing the diseases of inactivity;
- find movement more physically stressful, which can negatively impact independence, return-to-work and social interaction.

FACT # 3: EVEN SMALL INCREASES IN ACTIVITY ARE BENEFICIAL

If you are very inactive at the moment, even small increases (10 min. per day) can lead to benefits you will really notice.

FACT # 4: APAP CAN HELP YOU!

APAP has been helping individuals with disabilities to find enjoyable and sustainable ways to improve their health and wellbeing since 1997. Research shows our methods work. We can help you too!

If you would like to discuss what options you may have, please call or email.