

## **Fitness for All Abilities**

Since the appointment of the SIDO in Donegal a number of training courses have been organised. The first training workshop Fitness for All Abilities was held on 21<sup>st</sup> April 2008. The focus of the workshop was the inclusion of people with disabilities within the leisure industry. Dr Sarah Meegan a lecturer in adapted physical activity from Dublin City University's school of Health & Human Performance facilitated the workshop.

25 fitness professionals from the North West participated in the workshop, which covered practical elements such as an inclusive circuit session, adapted aquatic session, and theraband exercises for people with disabilities. The workshop, a first of its kind in Donegal was thoroughly enjoyed by all participants with everyone expressing an interest in further training. Fitness professional responded in the evaluation and felt they would "be able to utilise some of the ideas and put them into practice in the programmes that they run." Others commented on the fact that the workshop raised awareness by "bringing to mind that people with disabilities are every bit as capable".



**Dr Sarah Meegan**  
School of Health & Human Performance  
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**Fitness professionals who participated in the training**