Commit to Inclusion is a campaign that supports the implementation of guidelines and programming to empower people with disability to lead healthy, active lifestyles.

Guidelines

Commit to Inclusion supports the implementation of the Guidelines for Disability Inclusion in Physical Activity, Nutrition and Obesity Programs and Policies to assist in the updating of community health programs and policies to be inclusive of the needs of people with disability.

Programming

Commit to Inclusion supports the establishment of programming like I Can Do It, You Can Do It! (ICDI) to help facilitate access and opportunities for children and adults with disability to be healthy and active.

Physical Activity:
Physical activity can provide individuals with disability the strength and stamina required to participate in all aspects of life successfully.

Nutrition:
Access to healthy foods can fuel beneficial endeavors for people with disability, and help to build a strong, sustainable society.

Obesity Reduction:
Obesity is more common among people with disability. Inclusive health promotion can create a better society for everyone.

Make the Commitment Today!
Visit www.committoinclusion.org