Abstract

Exercise is an important part in maintaining a healthy lifestyle, yet many Americans with disabilities find that going to a gym may be more difficult than necessary due to several barriers. These barriers can be overcome by making improvements to the physical building and by training staff members to be able to assist people with various types of limitations. Tools such as the ADA Existing Facilities Checklist and AIMFREE can help gym owners increase the accessibility of their facilities. Making sure to continue expand and improve facilities will require that gym owners annually review their policies, procedures, and buildings. This paper provides information on disabilities and barriers to inclusion, how to overcome some of these barriers, and gives a checklist that will help facility owners begin to evaluate their own buildings and environments.