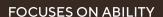
OUTCOMES OF INCLUSIVE SPORT

'Sport has the power to unite people in a way little else can... It laughs in the face of discrimination. Sport speaks to people in a language they can understand. Nelson Mandela

CREATES UNITY



'Sport has allowed me to focus on my athletic abilities not limitations. It has opened up a whole new set of opportunities, friendships and healthy lifestyle. And best of all, I can enjoy activities like cross country skiing and snow shoeing with my husband and son.'

Stacie, Athlete, paralympic



'No one expected me to be able to play sports, and then they put me in goal [for hockey] and I was actually quite good.'

Kevin, Athlete, Special Olympics

sailing, cross country skiing

IMPROVES PHYSICAL AND MENTAL HEALTH

'For my child to say "I love hockey" was unimaginable, for him to have that identity outside of a diagnosis of autism was a miracle for me.'

Parent, Canucks **Autism Sports Programs**

MAKES CONNECTIONS

Whether a weekend warrior or a competitive athlete there is no doubt that a healthy active lifestyle as a person with a disability leads to overall wellness.'

> Karen, Athlete, para track and para cycling

CHANGES ATTITUDES

'Sport helped me overcome the idea that living with a disability is unfortunate, that attitude that I am less capable because I have a disability.' Stephanie, Athlete, paralympic swimming

NEW HORIZONS FOR EVERYONE!



FOR MORE INFORMATION AND RESOURCES VISIT WWW.RIVONLINE.ORG/INCLUSION