

# 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



FOCUSES ON ABILITY



DEFIES EXPECTATIONS

'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*

'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 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!