

STEP inclusion resources to support physical activity at home.

Activity Alliance is sharing the top ways to adapt activities so more people can stay in and work out. The STEP tool is one of the most effective ways to use household items to be active. STEP stands for Space, Task, Equipment and People.

While we are distancing from others, we are finding new ways to enjoy being active in or near home. This can be more difficult for disabled people, who may feel more isolated or less active during this time.

There are many ways to continue enjoying an active lifestyle. This includes adapting activities so everyone in the household, disabled and non-disabled, can take part together. With a few simple tweaks, activities can quickly become a part of everyone's daily routine. Activity Alliance have released six new STEP graphics. Ideal for disabled people, they show how you can apply the STEP tool to your sports and activities.

Use the STEP tool to **#StayInWorkOut**

It's a great way to adapt activities to be more accessible for children and adults.

STEP stands for:

Space **T**ask **E**quipment **P**eople

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The graphic features a dark blue background with a white house icon on the left. In the center, a person is performing a task (a yoga-like pose). To the right, there are icons for equipment (a pink ball, a green and white cube, and an orange and white ball) and a person using a wheelchair. The Activity Alliance logo is in the top right corner.

Use the STEP tool to **#StayInWorkOut**

We know there are many activities out there right now. STEP can help you to adapt activities to make them easier or harder.

You can change one or more of the **space, task, equipment** or **people** elements in an activity.

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The graphic features a dark blue background with a white house icon on the left. An arrow points from the house to a person performing a task (a person in a white shirt and orange pants). Another arrow points from the person to a pink ball, and a third arrow points from the ball to a green and orange jump rope. The Activity Alliance logo is in the top right corner.

Use the STEP tool to **#StayInWorkOut**

Let's explore Space

This includes changing the size of the space and the surface you take part on.

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Grass **Carpet or hard floor** **Step over items or use the stairs** **Move targets closer and higher**

Use the STEP tool to **#StayInWorkOut**

Let's explore Task

This is how you can make changes to the actual activity to make it easier or harder.

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Seated or standing activity **Use one or two legs/arms** **Throw over or underhand** **Repetitions /time yourself**

Use the STEP tool to **#StayInWorkOut**

Let's explore Equipment

This is what you use to do the activity. Different sizes, weights and textures can all make a difference.

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Cans of food, bottles of water **Buckets, cereal box targets** **Rolled up paper /balloons**

Use the STEP tool to **#StayInWorkOut**

Let's explore People

This is about who takes part with you.

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Person in household **Partner clapping or calling** **Playing with sibling/pet** **Online/social media challenges**

