

# CREATING AN INCLUSIVE HEALTH CLUB



## HOW CAN A HEALTH CLUB ENSURE IT IS SERVING ALL MEMBERS?

Health clubs and fitness centers can easily ensure they are providing inclusive programs and services throughout their facility by completing an On-Site CHII Assessment. This assessment tool will help determine what they do well and what they can improve so anyone regardless of ability level will be able to easily navigate their building, engage in fitness classes, and access membership materials and online services with ease.

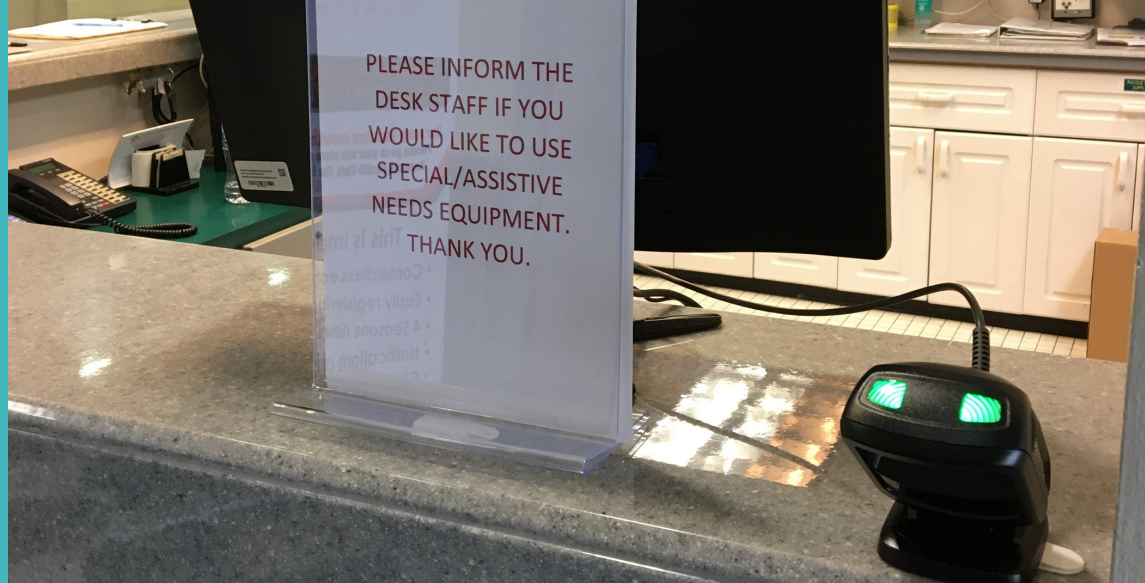
Working to improve accessibility doesn't have to be time consuming or expensive for a health club. There are many easy, low cost solutions that can greatly improve accessibility, therefore making the visit both beneficial and enjoyable for all members.

This tip sheet is one of a series of six that has been created to help local public health agencies and community coalitions remove barriers that prevent people with disabilities from achieving the same health and wellness opportunities as people without disabilities.

## Did you know?

Nearly one in four Iowa adults have some sort of a disability and according to the CDC,

Iowa adults with disabilities are more likely to be inactive, have high blood pressure, smoke, and be obese than adults without disabilities.



## WHAT POLICY, SYSTEM, AND ENVIRONMENTAL CHANGES CAN HEALTH CLUBS CONSIDER?

### POLICY CHANGES

- Allow caregivers to accompany individuals with disabilities, at no charge, while using the facility.
- Include a person with a disability on a member advisory board.

### SYSTEM LEVEL CHANGES

- Include disability etiquette training in new employee orientation.
- Provide adaptive strength and cardio equipment and offer modifications in all group fitness classes.
- Provide all printed materials online.

### ENVIRONMENTAL CHANGES

- Ensure 3' of space between equipment.
- Include equipment with roll in access and equipment with swivel seats for easy transfers.
- Adjust interior door pressure to 5 lbs or less.
- Have adequate accessible parking, an accessible entrance, bathrooms, showers, and lockers.



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