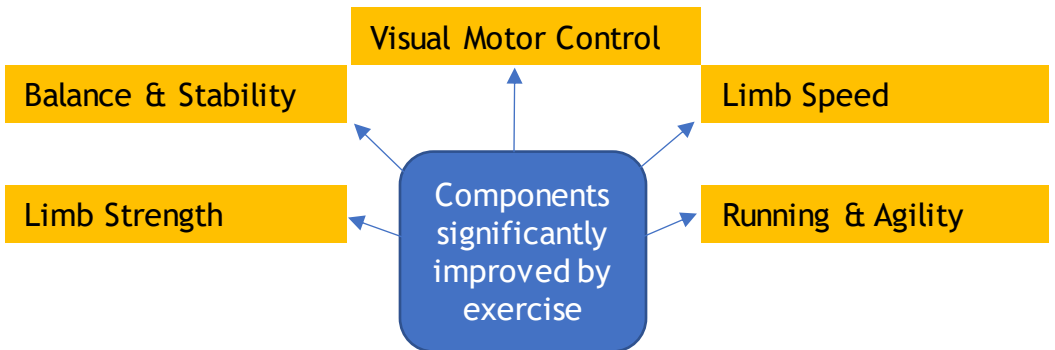


How many participants who are on NDIS currently engage in regular physical activity?

Recent studies into intellectual disabilities have found that regular aerobic exercise across a 6 month period significantly improves several components of motor function (1).

Children and adolescents with intellectual disabilities tend to be inactive, which causes motor abilities and overall functioning to be low (2). Low activity levels leave individuals with intellectual disability vulnerable for future comorbidity (3).



Built2Move's main focus is to aid NDIS participants throughout their journey through evidence based and individualised exercise therapy. With the careful guidance of an Exercise Physiologist, primary treatments can be optimised and significant improvements can be seen later in life. Built2Move are perfectly positioned to receive NDIS referrals for all plan managed or self-managed participants with physical or intellectual disabilities.

Participant Success Story:



"I've been taking my son Will, who has Autism, to see Ben for months now through the NDIS. Will has grown fond of his sessions with Ben despite normally being very shy. He looks forward to them, has fun and Ben is a great role model for Will."

"Will has also seen an improvement in his every day strength and he is more motivated to eat healthy food thanks to Ben making sure to answer Will's questions about food and exercise."

References:

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3. Krahn GL, Hammond L, Turner A (2006). A cascade of disparities: Health and healthcare access for people with intellectual disabilities. Mental Retardation and Developmental Disabilities Research Reviews; 12:70-82.