

Inclusive Physical Activity: Embracing Diversity in Movement

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CREATIVE ACTIVITY CENTER FOR PEOPLE WITH DISABILITIES



ATLANTIDA

Why Inclusion Matters



- ▶ Inclusion = Belonging, not just access
- ▶ Barriers:
 - Physical
 - Social
 - Emotional
- ▶ Benefits:
 - Health, confidence, friendships, community participation

Principles of Inclusive Practice



- ✓ Adaptability – modify rules/equipment
- ✓ Choice & Voice – give participants control
- ✓ Focus on Ability – build on strengths
- ✓ Encouragement over Competition
- ✓ Sensory & Communication Awareness

Examples



- ▶ 🌳 Nature Walks with Purpose – sensory adventures
- ▶ 🤝 Buddy Systems – build social skills, empathy
- ▶ 🎨 Movement & Creativity – dance, music, art storytelling

Challenges & Solutions



Challenges:

- Funding gaps
- Lack of training
- Public awareness

Solutions:

- Staff training
- Calm spaces
- Family involvement
- Policy advocacy

Closing Thoughts



Inclusive activity = a human right

Spaces must be physically, emotionally, socially welcoming

Imagine: no one left out, movement as unity

Together, we build joy & dignity in movement

THANK YOU

