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NCPAD NEWS: January 2011

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From the Editor's Desk: NCPAD Video Contest - How Do You Get Enough?

Attention, filmmakers! The National Center on Physical Activity and Disability is sponsoring a **video contest** entitled, "How do you get enough?" NCPAD is a nonprofit organization focused on physical activity and health promotion for people with disabilities.

Being physically active is good for every body. This is especially true for people with disabilities who tend to participate in less physical activity, carry excess weight, and have higher rates of chronic heart disease and other health conditions. The intention of this video contest is to illustrate to society that people with disabilities do live healthy active lifestyles as well as share various ways to get physical activity for individuals with disabilities and activity limitations.

Whether it's indoor or outdoor, recreational or competitive, solo or team, easy or intensive, show us (and the rest of the world) how you (successfully or unsuccessfully) get enough activity in a 1- to 10-minute video clip! See the video contest rules below.

3 Entry Types:

2 winners in each category will be selected. Winners will be posted on www.ncpad.org after August 1, 2011.

- **Completed Videos**
 1. 1st Prize - \$1,250
 2. 2nd Prize - \$500
- **Raw Video Footage - a chance to win along with your video professionally edited**
 1. 1st Prize- \$750
 2. 2nd Prize -\$250
- **Conceptual Scripts - a chance to win along with your video professionally filmed and edited**
 1. 1st Prize-\$350
 2. 2nd Prize-\$150

Rules and Eligibility

1. Video clips must address the question: How do you get enough physical activity? Each entry must be creative, original, and appeal to an inclusive audience but must represent (in some manner) a disability, health condition, or activity limitation.
2. We encourage individuals of all disabilities and activity limitations to submit and appear in video submissions, though we acknowledge the existence of hidden disabilities and health conditions, so we suggest using creative ways to share your stories. We also urge submissions to be authentic in representation of disability and reserve the right to investigate the authenticity of a health condition that is represented in a submission.
3. Entries promoting the use of alcohol, tobacco, illegal drugs, violence, firearms or weapons, profanity, or inappropriate or obscene gestures or that are sexually explicit in nature will be disqualified. Also, avoid breaking copyright laws or using brand names or logos in your video. Submissions may be removed at NCPAD staff's discretion.

Submission Requirements

4. Each individual may submit up to 3 entries. Entry forms must be submitted with each video submission. Entries without a form will not be reviewed. Please mail or email all entries to:

NCPAD
1640 West Roosevelt Road, Suite 711
Chicago, IL 60608
mmccall@uic.edu

5. All selected entries will appear on www.ncpad.org and/or the NCPAD YouTube channel at <http://www.youtube.com/user/NCPAD>.
6. Entries should be submitted in the following formats:
 - a. Completed videos must be sent in raw avi format and be no longer than 10 minutes.
 - b. Raw video footage must be sent either as a MiniDV tape or unedited raw avi.
 - c. Conceptual scripts should be sent as a MS Word Document or PDF and should be appropriate for a 1-10 minute video.
7. NCPAD will email a confirmation once the video has been received. Therefore, we are not responsible for lost entries, email errors, etc. in the submissions process.

8. Entrants must have exclusive rights to the submitted video. By entering the NCPAD Video Contest, you are acknowledging that the National Center on Physical Activity and Disability will gain exclusive rights to the video upon submission along with any modifications or changes that may be made, and by submitting your video, there is no compensation other than the prizes listed above for winners.

9. We reserve the right to post your video. If you are not a winner, we may still decide to post your video. If so, you will be compensated and cited as the filmmaker. If your film/video is not selected as a winner or finalist, we cannot provide feedback on our decision.

10. Disability-specific organizations are welcome to aid and submit video entries on behalf of an individual with a disability. Full-time employees of the National Center on Physical Activity and Disability are not eligible to participate in the Contest. You must be a U.S. citizen or legal resident to enter and win.

11. All entries must be received by Friday, May 13, 2011.

[Video Contest form can be downloaded here](#)

Send your questions and comments to Jenny Carlton, NCPAD News Editor, at jcarlto1@uic.edu.

Director's Column: The Exercise 'Pill' That People with Disabilities Need to Improve Their Health

Starting an exercise regimen can be hard for everyone. People with disabilities can have some additional challenges to exercising. Luckily, information and resources are increasing to better serve people with disabilities on their way to becoming more healthy. Although we are on the right track, more research is needed in the area of exercise related to specific disabilities. In this month's Director's Column, read about some specific factors that need to be addressed.

To read this month's column, go to http://www.ncpad.org/director/fact_sheet.php?sheet=864.

From the Information Specialist's Desk: New Documents & Call for Participation

Wheelchair Curling Factsheet Plus Video!

http://www.ncpad.org/competitive/fact_sheet.php?sheet=815

Fostering Fitness Among Staff and Caregivers

http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=862

Fitness Handout For Staff and Caregivers

http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=861

Cerebral Palsy & Ballet

http://www.ncpad.org/fun/fact_sheet.php?sheet=856

Call for Participation - Your feedback is needed!

Most people understand the importance of community living for all citizens, including those with disabilities. In order to make sure the community living experience is beneficial to everyone, we need to work together to identify ways to improve access to housing, community supports, fitness opportunities, transportation, and more. To ensure the fullest inclusion of all people in every aspect of the community, we are developing a much-needed measurement tool to assess how well a community supports healthy, active living for people with disabilities. Through a participatory process with the general public and disability experts, we will determine what should be measured and how to best measure the elements of a healthy community for people with disabilities. Once completed, this measurement tool will be available for public use to help community leaders and citizens determine ways to improve all aspects of a healthy community to make them more accessible and inclusive to members with disabilities.

Help us in developing this tool by providing your suggestions:

Please let us know what you think are the elements of a healthy community that support healthy active living for people with disabilities. Why do you think these elements are important? Do you have any success/failure stories about the elements of a healthy community that you can share? We will use these suggestions to begin our process of identifying the critical factors that are needed to create a healthy, inclusive community. It will be very helpful if you let us know some background information about yourself when you are responding - such as: name, disability if applicable, age, state, and organizational affiliation.

Send ideas to Yochai Eisenberg: yeisen2@uic.edu

THANKS!

More news you might have missed this past month:

Disabled women activists change the world through YouTube music video: Loud, Proud and Passionate!(SM)

January 6, 2011 - Signing and singing with passion in Arabic, Spanish and English, 54 disabled women activists from 43 countries celebrate the achievements, pride and solidarity of women with disabilities around the world. These leaders are revolutionizing the status of women and girls worldwide. Filmed during MIUSA's 5th International Women's Institute on Leadership and Disability (WILD), the Loud, Proud and Passionate!(SM) music video release marks the beginning of MIUSA's 30th Anniversary year-long celebration.

<http://www.youtube.com/watch?v=uxxomUVsSik>

Shaggy Angels

<http://www.canine-angels.org>

Sir Roger Moore Speaks Out for Children with Disabilities

http://www.unicef.org/infobycountry/kazakhstan_57181.html

School Allows Epileptic Boy to Have His Service Dog in Class During 3-Week Trial

<http://www.pawnation.com/2011/01/05/school-allows-epileptic-boy-to-have-his-service-dog-in-class-dur/>

Court Orders Accommodations for Blind Bar Examinee

<http://www.metnews.com/articles/2010/enya010511.htm>

Wave Goodbye To Any Physical Limits

<http://www.irishtimes.com/newspaper/health/2011/0104/1224286696977.html>

Siblings And Disabilities

http://www.heraldsun.com/view/full_story/10856468/article-Siblings-and-disabilities?

[instance=homesixthleft](#)

FITT Column: Stages of Change

January is a big month for fitness centers and gyms. New Year's resolutions to lose weight and be more active are the main reasons why the gyms/fitness centers are more crowded than usual. To help you succeed this year, the Transtheoretical Model -- the stages of change may help you with your New Year's resolution.

To read this month's column, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=866

Weight Smart Column: Beginning the Year with a New Year's Resolution

It's a brand new year and a perfect time to start a New Year's Resolution. So many Americans start the year with some kind of goal; from losing weight, drinking less, walking more, to finally quitting smoking & the list can go on. Coming up with a New Year's Resolution is pretty easy for most, but actually following through and maintaining that for an entire year is a different matter. So to help you this month, Christine offers some specific tips to help you keep your resolution on track and successful!

To read this month's column, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=859

Nutrition Spotlight: Recipe Makeovers: Healthier Eating in the New Year

So, you want to start eating healthier, but you don't know where to start? Well, to help you get started, this month's column has several healthy recipes you can prepare at home. These 9 recipes are some great alternatives to the not-so healthy choices we often make, such as chips & dip or french-fries/onion rings. If you would like more healthy recipes, feel free to search the sources provided in each recipe.

To read this month's column, go to http://www.ncpad.org/nutrition/fact_sheet.php?sheet=863

The Training Corner: Fitness Training for Clients with Muscular Dystrophy

Muscular dystrophy (MD) is a genetic disease characterized by progressive muscle weakness. In working with clients with MD, it is important for fitness professionals to help clients retain and maintain their muscle strength and endurance. Read this month's column to learn more about MD and how to train these clients effectively.

To read this article, please go to:

http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=857

Research Corner: Can an Online Community Help Prevent Attrition From an Internet-Mediated Walking Program?

While the Internet makes it easier and faster to get knowledge and information right to your doorstep, and with only lifting a finger (literally), it takes away one crucial piece of the pie, especially when we're talking about seeking behavior change - human contact. Yes, more information can get to me faster, but what if I want that personal support in order to put that information to good use? This study by Richardson, et al., took what we know about Internet-based behavior change interventions (that they can be widely disseminated and at low cost) and added a little piece of the pie (social support) back into the equation by allowing participants to communicate with each other in their own "online communities," therefore

attempting to decrease attrition from a Internet-mediated walking program.

To read this article, please go to: http://www.ncpad.org/research/fact_sheet.php?sheet=860

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