



MOVEMENT ACCESSIBILITY

Everyone is Welcome

RESOURCE FOR
PHYSICAL ACTIVITY PARTICIPANTS



Belonging Begins Before Movement Starts

HAVE YOU EVER ENTERED A SPACE AND IMMEDIATELY FELT COMFORTABLE?

Maybe someone greeted you. Maybe the room was easy to navigate. Maybe you knew where to go and what to do. Maybe you felt free to participate in your own way without pressure. Or perhaps you have experienced the opposite. You were unsure where to sit. The instructions were unclear. The activity felt intimidating. You wondered: "Do I belong here?"

Movement accessibility is about helping more people answer: "Yes, I belong here."

Accessibility is often misunderstood as something that only applies to people with disabilities. In reality, accessibility benefits everyone.

A welcoming environment can support:

- someone trying a new activity
- someone joining a team
- someone attending a class for the first time
- someone recovering from injury
- someone experiencing changes in mobility
- someone who feels nervous, shy, tired, or uncertain

Accessibility is not just about ramps, doors, and equipment. It is also about attitudes.

It is about creating spaces where people feel:

- welcomed
- respected
- supported
- included
- free to participate at their own level



Belonging Begins Before Movement Starts

HAVE YOU EVER ENTERED A SPACE AND IMMEDIATELY FELT COMFORTABLE?

Sometimes accessibility means offering more choices. Sometimes it means reducing barriers. Sometimes it means helping people understand that there is no single "right" way to participate.

As one participant in our InterActive for Life research shared:

I feel that we gain fitness as a team. It's the team spirit and the camaraderie of coming together to do an activity we like.

For this participant, accessibility was not only about physical access. It was about feeling welcomed into a shared experience.

Another participant described it this way:

What helped me the most was knowing I could join in my own way. Nobody expected everyone to do the exact same thing. Once I realized that, I felt more confident participating

For this participant, belonging began when pressure disappeared.

InterActive for Life Reflection

An accessible movement environment is one where people feel:

- **I can come as I am.**
- **I can participate in my own way.**
- **I belong here.**

Challenge

The next time you participate in a movement activity, ask yourself:

"What helped me feel welcome?"

And:

"How can I help someone else feel welcome?"



Participant Activities

TO INSPIRE MOVEMENT ACCESSIBILITY

1

Notice What Helps You Feel Welcome

Think about a recent activity. What helped you feel comfortable?

Examples:

- a friendly greeting
- clear instructions
- movement choices
- familiar people
- supportive music
- comfortable lighting
- enough space

Challenge

Make a list of three things that help you feel welcome in movement settings:

1.

2.

3.



Participant Activities

TO INSPIRE MOVEMENT ACCESSIBILITY

2 Permission to Participate Your Way

During your next activity, remind yourself:

"I do not have to move exactly like everyone else to belong."

Challenge

Choose an option that feels right for you today.

You might:

- move slower
- move faster
- sit
- stand
- modify the activity
- take breaks
- add challenge

Reflection

How did giving yourself permission to participate in your own way affect your experience?

Participant Activities

TO INSPIRE MOVEMENT ACCESSIBILITY

3 Accessibility Detective

Look around the space.

Notice:

- Is it easy to enter?
- Is there enough room to move?
- Are movement options available?
- Are different ways of participating welcomed?
- Can people ask for help when needed?

Challenge

Identify one thing that helps make the environment accessible.



Participant Activities

TO INSPIRE MOVEMENT ACCESSIBILITY

4

Ask for What Helps

Many people wait for someone else to notice what they need.

Challenge

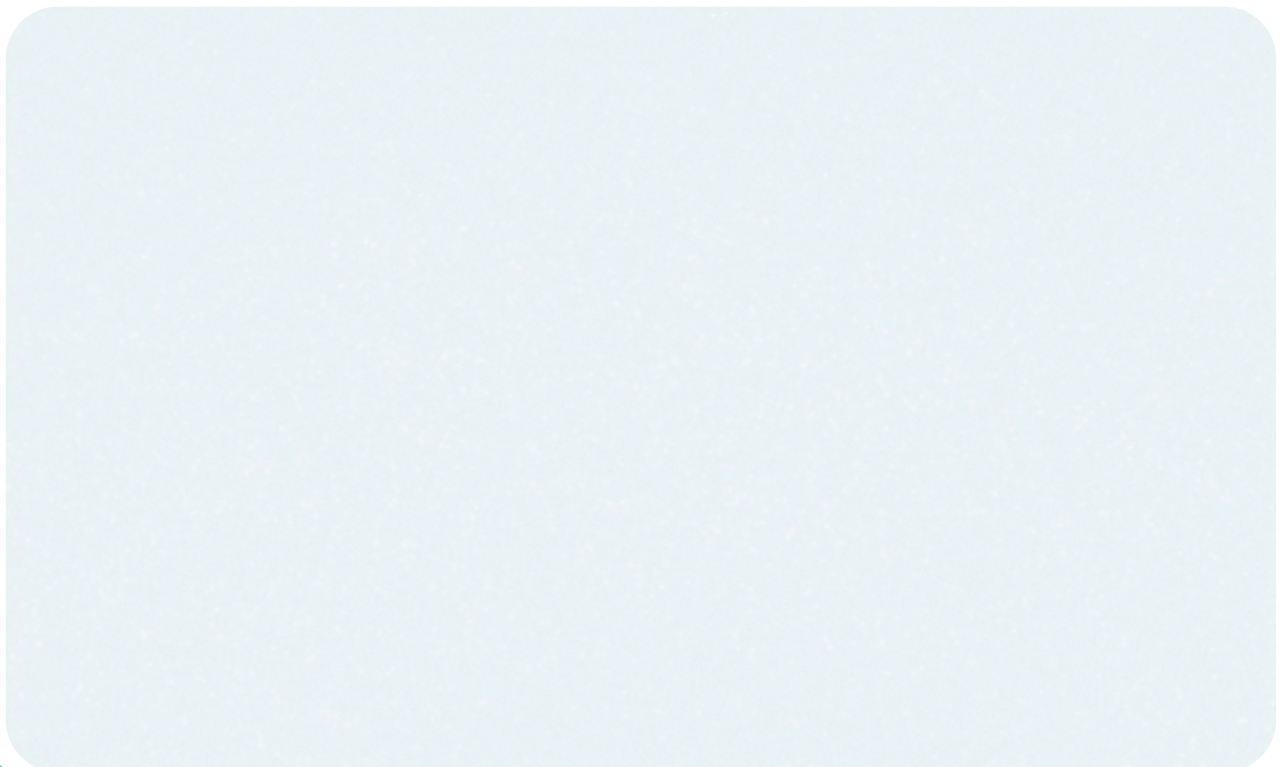
Practice asking for one thing that would facilitate accessibility in your activity.

Examples:

- a different position
- a movement option
- a clearer explanation
- more space
- lower music volume
- extra support

Reflection

How did it feel to ask?



Participant Activities

TO INSPIRE MOVEMENT ACCESSIBILITY

5 Help Someone Else Feel Welcome

Accessibility is something we create together

Challenge

Choose one action.

- Say hello to someone new
- Save someone a spot
- Offer encouragement
- Include someone in a conversation
- Invite someone to participate

Reflection

How did your welcoming action influence the experience?

6 The Belonging Challenge

At your next activity, complete the sentence:

I feel most included when:

Then ask:

How can I help others experience that too?



Participant Tips

FOR MOVEMENT ACCESSIBILITY

Tip #1: You Belong

You do not need to move perfectly to be part of a group.

Tip #2: Use the Options Available

Movement choices exist so people can participate successfully.

Tip #3: Ask Questions

Accessibility often begins with understanding what is available.

Tip #4: Different Is Normal

People move differently because people are different.
That diversity strengthens movement communities.

Tip #5: Help Create the Environment

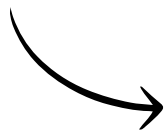
Accessibility is everyone's responsibility.
Small acts of welcome can have a big impact.





Curious for more?

- [Quick tips for physical activity facilitators](#)
- [Complete the InterActive for Life Inventory](#)



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