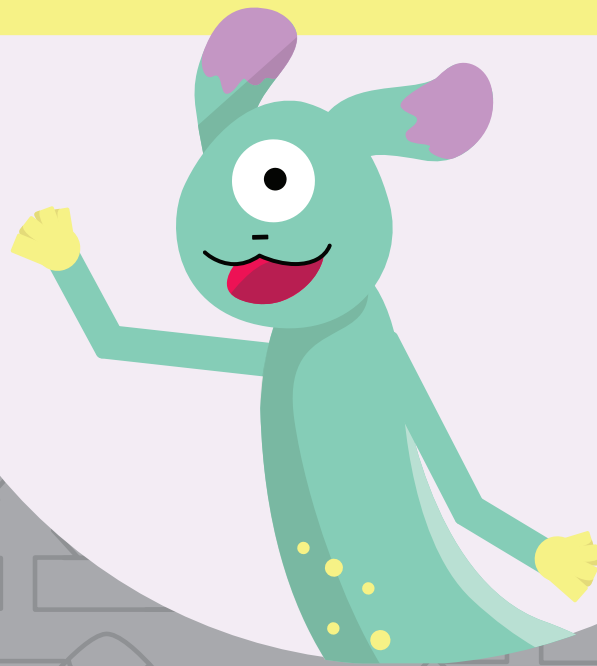


Agito Plays Basketball



PHYSICAL DISABILITIES



for
KIDS

All Hunter wanted to do was to

play basketball.



But Hunter was sad that he couldn't play because of his wheelchair.

This made Hunter very upset,
so he threw
his apple in to the bin.

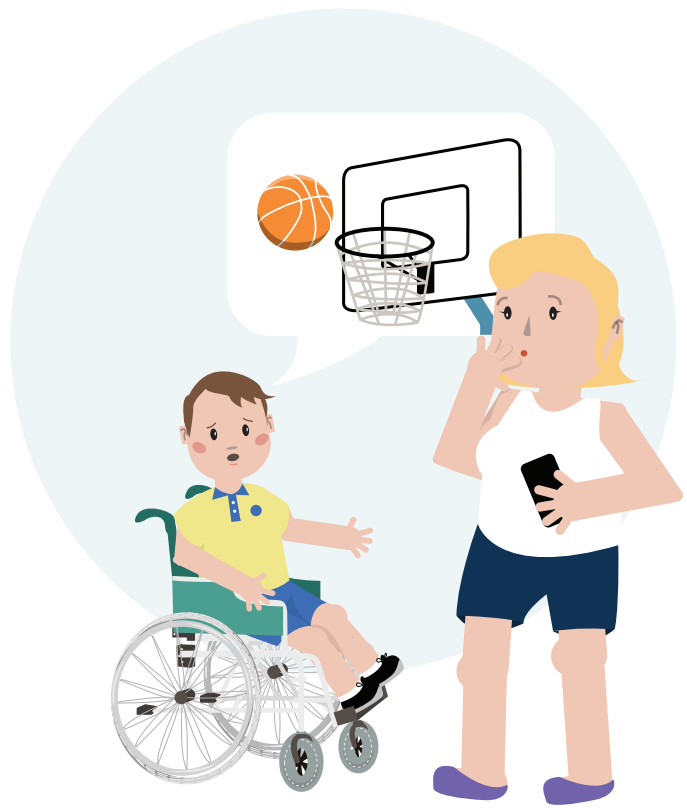


Agito saw this and saw Hunter was a

great shooter too!

Hunter told his Mum that he wanted to play basketball but was sad because

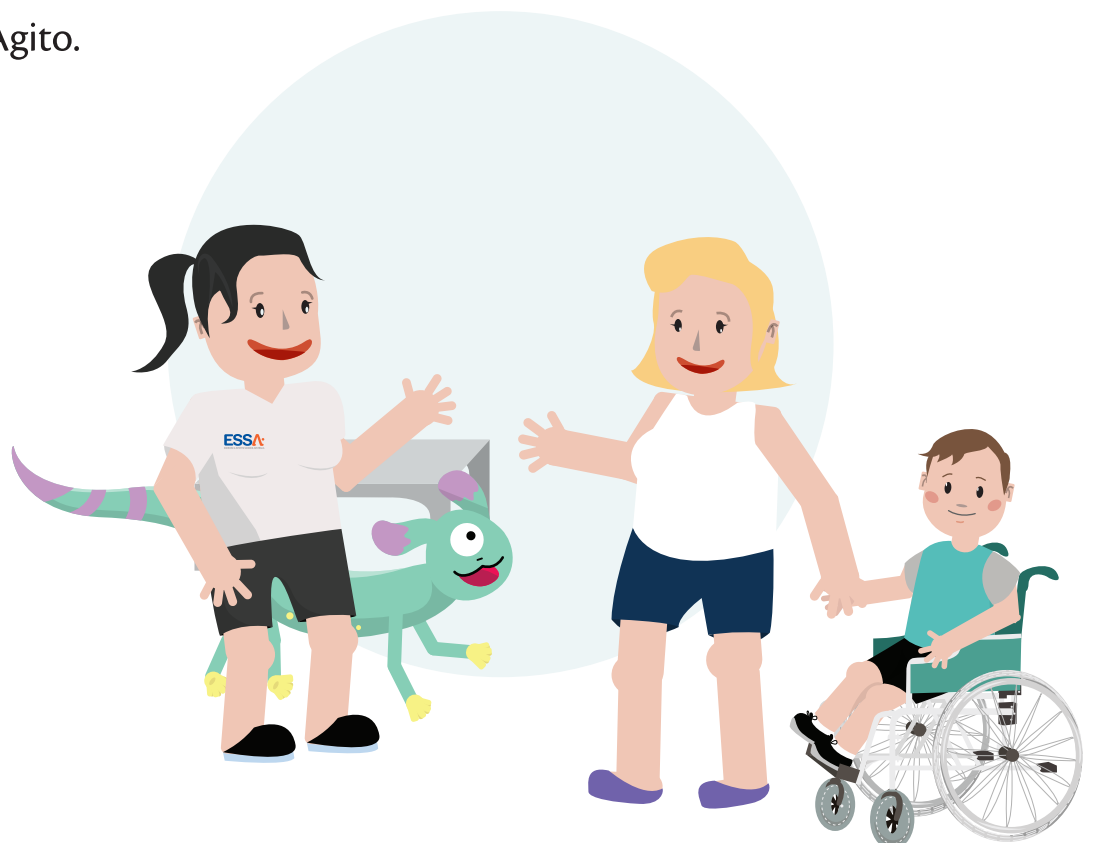
**he couldn't
play in his wheelchair.**



So Hunter's Mum took him to see Kate,

**an Accredited Exercise
Physiologist (AEP),**

and her friend, Agito.



Hunter told Kate about his dreams of being a basketball player but knew he couldn't run alongside the other children on the court.

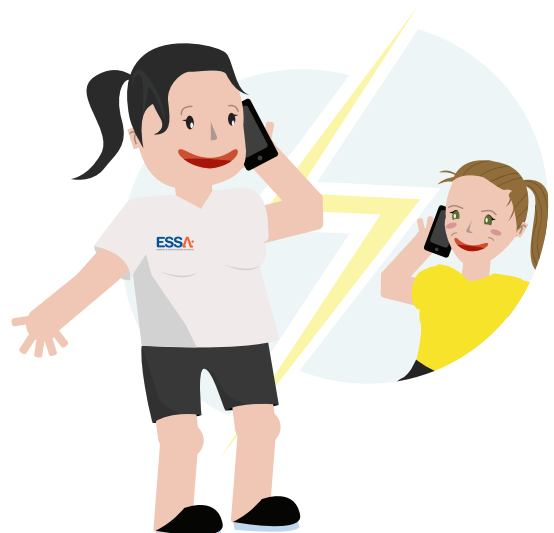


Agito told Kate about Hunter's great shot with the apple.

"I can help Hunter get fit and strong to play basketball,"
said Kate.



Kate even called a special friend to come and meet Hunter.



Sarah Stewart from the Paralympic Women's Basketball team

met Hunter and Kate at
the basketball court.



“Don’t let anything
stop you, listen to a
professional like Kate,
and never give up!”



Kate showed Hunter some exercises to help him become stronger.

“Thank you”

said Hunter to Kate and Sarah.

“I’m going to work hard and join the team at school.”



And that’s exactly what Hunter did!



Physical Disabilities

Every child, regardless of disability or ability, should engage in physical activity. By engaging in physical activity children can increase skeletal development, increase heart and lung health, improve functional movements and be more social with peers. Exercise should be fun and engaging, whether modified or not, and provide an outlet for children with disabilities to discover their true potential. Having a disability should not be a reason for children not to engage in physical activity.

Accredited Exercise Physiologists (AEPs)

Accredited Exercise Physiologists (AEPs) are referred to when working with children that have specific medical conditions, or are at significant risk of developing medical conditions, where exercise and healthy behavioural changes are required as part of their management or prevention. The AEP works with the child's chronic condition to make a special exercise program just for them.

Find your local AEP by visiting www.exerciseright.com.au

Written by Camella Brightman, Illustrated by Emily Donohoe.



for
KIDS