



Get Out and Play!

Here is your chance to start a new exercise routine, learn more about outdoor recreation or just add some different fitness options to your already active lifestyle.

Outdoor Recreation and Fitness Program

Ride a local trail, take a walk with your family, play tennis or basketball at your local court – you will have options to try all of this and more!

FAAST is partnering with several organizations around the state to offer different types of handcycles and sports chairs to individuals with spinal cord injuries for 30-day loan periods.

These programs will kick off in April, so now is the time to get your name on the list and be one of the first to try out the brand-new equipment. There will also be tabletop handcycles and wheelchair fitness equipment available.

Contact Eric Reed at **FAAST** for more information about how you can participate – EReed@FAAST.org; 850-487-3278, ext. 104.



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Visit FAAST.org for more information.