

# What does Inclusive Programming Mean?

Inclusive programming means that many different people with an array of contraindications and limitations are able to take part in one of Kyalate Fitness' programs or services. I always strives to improve my ability to be inclusive. If you have questions or do not see a service which could benefit you, please reach out and let me know. I would love to collaborate and improve.

## **Examples of contraindications and limitations:**

Aches, pains, low energy, reduced endurance, etc. (arthritis, metabolic condition, postural conditions, overuse, etc.)

Movement challenges (body development, accident, medical condition, etc.)

Economical challenges (cost)

Environmental challenges and limitations (location, equipment availability, etc.)

Age

Pregnancy, Post-natal

Learning style (dyslexia, ADHD, ASD, etc.)

Time Constraints (job, family, etc.)