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## ABILITIES MOVEMENT ANNOUNCES TELE-FITNESS CLASSES FOR INDIVIDUALS WITH DISABILITIES IN ROCHESTER

### FOR IMMEDIATE RELEASE

**ROCHESTER, New York, March 30, 2020** – Not-for-profit, Abilities Movement, Inc. announces its Health, Wellness, and Personal Fitness Classes are now available via live Tele-Fitness, during the New York State PAUSE directive. Abilities Movement classes are open to all members of the community, including those who have developmental challenges or severe medical needs.

Abilities Movement Community Tele-Fitness Classes develop a comprehensive plan that emphasizes the goals of each individual and their family. AM's professional team, who help individuals engage within their community through local gyms, parks, and recreational opportunities, will continue to meet health and fitness goals via live, interactive, personalized Tele-Fitness Classes. Via remote video on computer, phone, or tablet, AM develops lifestyle goals that focus on fitness, healthy eating, and fun ways to become active during this period of social distancing, due to the Covid-19 coronavirus outbreak.

Abilities Movement classes are open to all members of the community and provide fitness opportunities for individuals of all fitness levels and medical concerns. Abilities Movement team's training and expertise includes providing health and fitness-based programming for people with severe medical needs. AM's adapted fitness team engages in stretching activities, strength development, and functional-based movement to improve each individual's quality of life. As many services in our area have been put on pause for a period of time, Abilities Movement welcomes the opportunity to continue to provide innovative fitness, education, recreation and social opportunities for individuals in the Greater Rochester community.

"This is a great opportunity for individuals and families stay connected to our community and continue with their health and wellness goals while practicing safe, social distancing," said Mike Tuller, Abilities Movement Executive Director. "We invite community members of all abilities to join us, learn more about our programs, and safely achieve their health and wellness goals, even during this challenging time."

To learn more about Abilities Movement's Tele-Fitness classes, please visit <https://www.abilitiesmovement.org/>. Abilities Movement partners with community organizations, local businesses, and disability-oriented services in Monroe and surrounding counties to help provide integration opportunities for individuals. AM works closely with self-directed programs to help build classes around the needs of individuals. Abilities Movement fee-based class fees are lower than traditional fitness programs because of the generous financial support that is received through grants and fundraising efforts. In addition, qualifying participant fees may be eligible for payment through the New York State Office for People with Developmental Disabilities (OPWDD) Self-Direction Program.

Due to the closure of gyms and other public and private facilities, Abilities Movement is postponing the Mighty Dunks Adapted Basketball Program and the Rochester Speed Demons Power Wheelchair Soccer Program. Both programs will restart upon guidance from local and state health authorities.

### **About Abilities Movement, Inc.:**

Abilities Movement is a not-for-profit organization that provides fitness, wellness, sports opportunities, and community integration for people of all abilities through comprehensive classes in fitness and sports. Abilities Movement on-staff Service Providers have extensive experience, knowledge, and ongoing education in fitness and adapted fitness and are dedicated to providing individualization (Individualized Fitness Plans – IFP's) to meet the diverse health and wellness needs of our participants). AM focuses on the unique needs of all individuals, including those with physical and developmental disabilities.

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### **To learn more, please contact:**

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