

## **Autism Penacola**

### **United Way Funded Program:**

PURE Empowerment

**Funding Amount:** \$1,550

1-year grant

### **Description of Program Services:**

PURE Empowerment exercise class will improve overall fitness, nutritional choices and health of adults with disabilities aiding thereby increasing independence.

**Impact Area:** Health

**Significant Statistics:** According to the CDC, obesity rates for adults with disabilities are 58% higher than for adults without disabilities. Obesity rates for children with disabilities are 36% higher than for children without disabilities. For anyone with a disability or mobility issue, it's vital to be as physically active as possible. The PURE Empowerment Program increases the health and fitness of the target population and will equip the students with the knowledge and tools needed to maintain a lifestyle of better health and increased fitness.

<http://www.autismpensacola.org/>

