

Adaptive Sports Resources

Physical Activity and Benefits

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

Funding Resources

<https://www.challengedathletes.org>

<https://foreseeablefuture.org>

<https://nwaba.org/programs/scholarships-and-grants/>

Youtube Channels for At Home Workouts

https://www.youtube.com/channel/UCSJCXbR_C7lztG4us-8Hjw/videos

<https://www.youtube.com/c/BritishBlindSportOrgUK/videos>

Adaptive Sports Camps

Camp Abilities

<https://www.campabilities.org/instructional-materials.html>

Camp Spark

<https://nwaba.org/programs/camp-spark/>

Adaptive Sports Equipment List

Beep Baseball-Balls, Bases, and chargers

<https://www.nbba.org/buy-beep-baseball-equipment/>

Tandem Bikes

<https://co-motion.com/collections/tandem-bikes>

Sports Equipment

www.braillebookstore.com

www.aph.org

Www.maxiaids.com

Organizations

Beep Baseball

<https://www.nbba.org>

Blind Hockey

<https://www.usahockey.com/blindhockey>

Skiing

<https://www.foresightskiguides.org>

<https://www.sfl.org>

<https://www.maineadaptive.org>

<https://www.absf.org>

United States Association for Blind Athletes

<https://www.usaba.org>

Bowling

<http://www.abba1951.org/>

Football (5 a side soccer)

<https://www.facebook.com/IBSA.Blind.Football/>

Golf

<http://americanblindgolf.com/>

Judo

<http://www.blindjudofoundation.org/wp/>

Ballet

<https://darkroomballet.com>

