IMPACT for Life is an advocacy and training program. We support young adults with disabilities to develop the knowledge, skills, and strategies needed to engage in continued lifelong physical activity. We further support community-based fitness program efforts to include persons with disabilities through community-outreach and education. Each participant receives individualized support from an Oregon State University student and works toward active participation in one or more community-based programs. IMPACT for Life serves as a professional development opportunity for Oregon State University students. Through our partnerships, students learn first-hand about the experiences of individuals with disabilities. Students build confidence and skills to be advocates and allies in their future professions and communities beyond Oregon State University.

Community Partner Spotlight: CrossFit Train

As we begin our third year of CrossFit IMPACT for Life, we extend a thank you to CrossFit Train 97333 and coach Jen Beamer for their ongoing support. We are excited seeing our participants engage in this high intensity interval training that has become an international sport! With nearly 500,000 people competing in the sport during this year’s annual online competition (The Open), this sport of fitness is a lifestyle for many. While the goal of CrossFit IMPACT for Life is not to develop competitors, we strive to allow participants the opportunity to join the community of CrossFit. It is this ‘community’ that has garnered such a huge following – people having fun together in a challenging, motivating and welcoming environment.

This past year, classes were also open to CrossFit Train 97333 general members, which provided our IMPACT for life participants the opportunity to develop friendships with others working to achieve fitness! With our OSU student volunteers also present to help participants engage in the workout, Coach Beamer coaches the classes in a manner that helps each participant learn what modifications are best for them to remain safe and optimally challenged. Coach Beamer says “I am so proud of our participants getting stronger, faster, and better – physically and mentally!” Thank you CrossFit Train and Coach Beamer!

Get involved!
Become a participant, a community partner or volunteer by visiting: health.oregonstate.edu/impact-for-life

Shout Outs

Volunteer
“My CrossFit partner, Walter, rocks and devotes his time to help me when we have sessions.”
~ Patricia S., participant

Instructor
“Antonette is a great spin instructor at SamFit because she is always willing to try something new to help make class the best it can be for all participants. She has positive attitude and great energy.”
~ Ashley H., volunteer

Program
“Thank you Trysting Tree for being a big supporter and donating your facilities for adapted golf.”
~ Candace B., instructor

Check out our video at health.oregonstate.edu/impact-for-life
Seeking New Partnerships

This year, IMPACT for Life launched an inclusive Zumba Gold class. Zumba Gold is an exercise fitness program that incorporates dances and aerobic movements performed to energetic music. Participants included adults with disabilities and Oregon State University (OSU) undergraduate volunteers. Everyone had a great time while building aerobic fitness.

This past year, the class was instructed by a OSU graduate student, Chun Wei Chang (Ah-Wei), a certified Zumba instructor. She says “I always say it’s a party, not a class. The dance is modified according to the participants’ ability. The movements are simple and repetitive. There is no right and wrong in the Zumba Gold party, so the participants enjoy the atmosphere through the interaction with the music. As they feel happy in the party, the participants engage and exercise more. What the participants need to do is follow my movement, feel the music, and dance happily.”

This coming year, IMPACT for Life is seeking new partnerships to support participants in joining community-based Zumba Gold classes. Samantha Ross, program coordinator, says “Now that participants are confident with the movements, we want to support them in engaging in regular physical activity opportunities beyond OSU and in their communities.”

Become an IMPACT for Life partner

Host an inclusive physical activity opportunity at your community-based center or invite IMPACT for Life participants to join existing activity classes at your facility

Email: Impact4Life@oregonstate.edu or call 541-737-2176

As a partner, you will be directly supported by IMPACT for Life staff in developing and sustaining inclusive practices and policies within your programs. Your individualized support plan may include staff training, on-site support for providing accommodations, access to resources and equipment, and a program accessibility evaluation. Contact us to learn more!

IMPACT for Life Vision Statement

That adults with disabilities will engage in self-empowered, lifelong physical activity within an inclusive community. That Oregon State University students and community members learn and adopt inclusive practices that promote the health of all individuals in their communities.