

INTRODUCTION

- Bridgewell is a nonprofit organization that provides comprehensive support services for individuals with disabilities, mental health challenges, and other unique needs with the mission of empowering individuals to live more independent and fulfilling lives.
- Many individuals with intellectual and developmental disabilities face limited opportunities for regular physical activity, and a lack of exercise can negatively impact both physical and mental health.
- Regular physical activity helps improve mood, reduce stress, and support overall well-being.

RELATED LITERATURE

- Physical activity improves strength, balance, and independence in individuals with disabilities (Lamb & Guralnik, 1998; Selanon & Chuangchai, 2023).
- Functional, real-life movement training is more effective than traditional exercise for improving daily mobility skills (Krebs et al., 2007).
- Even short periods of activity can enhance mood and emotional well-being (Booth et al., 2021; Carroll et al., 2021).
- Participation in meaningful community activities improves both physical and cognitive functioning (Anaby et al., 2020).
- Structured programs combining activity and support increase self-efficacy and quality of life (ScienceDirect, 2024).
- Disability day programs promote routine, social engagement, and long-term development (Luthra et al., 2024).
- Emotional understanding and expression are important for social interaction and communication skills (Scholz & Weiss, 2025).
- Organizations like Bridgewell provide integrated support services that foster independence and community participation (Bridgewell, 2025).

MATERIALS AND METHODS

Methods:

- Complete survey before exercise twice a week for three weeks.
- Walk around building for 30 minutes which equals to one mile.
- Participants completed the survey five minutes post exercise.
- Complete survey after exercise.

Materials:

- Adapted existing survey (Jenkins, 2023) for use by individuals with developmental disabilities.
- Timer

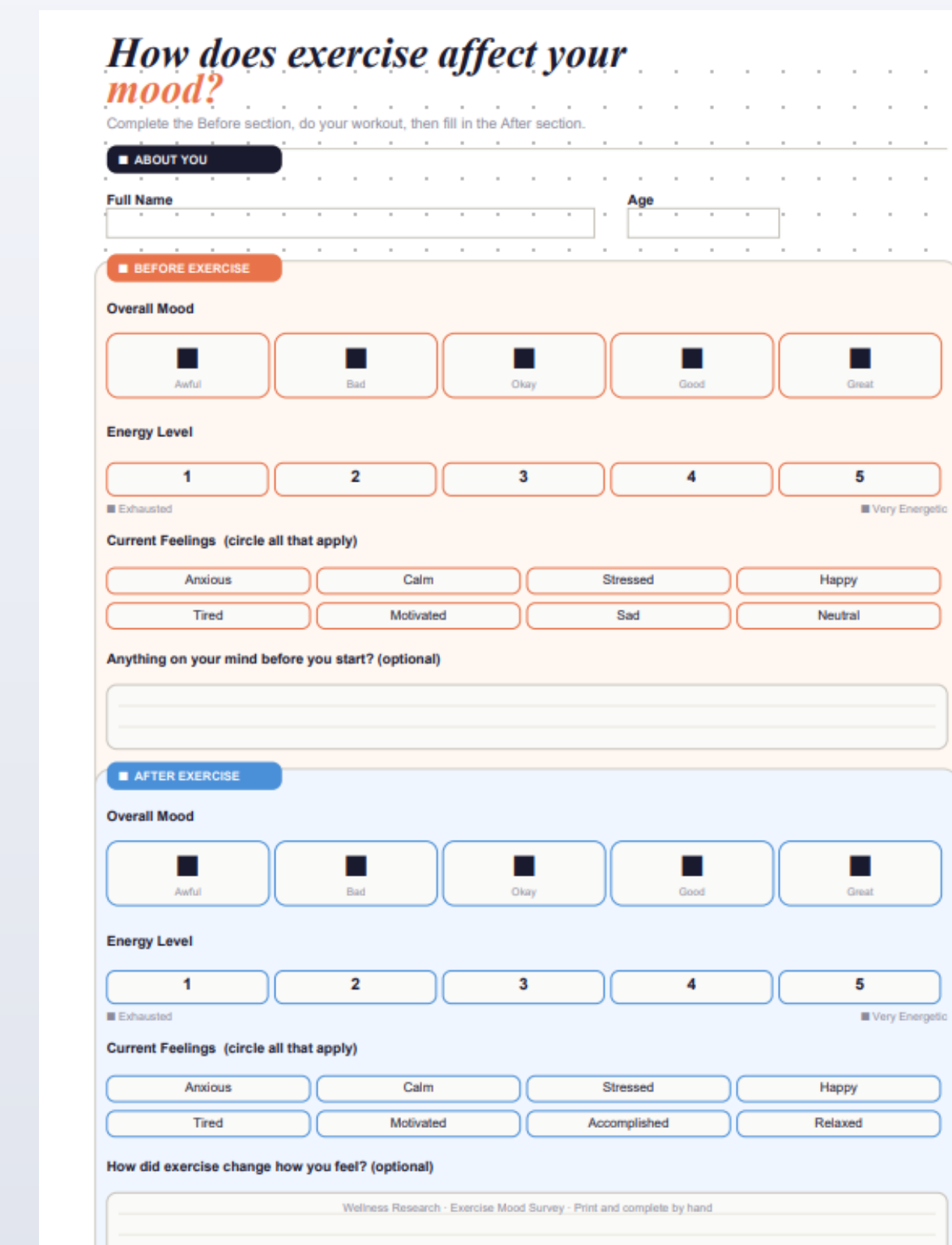
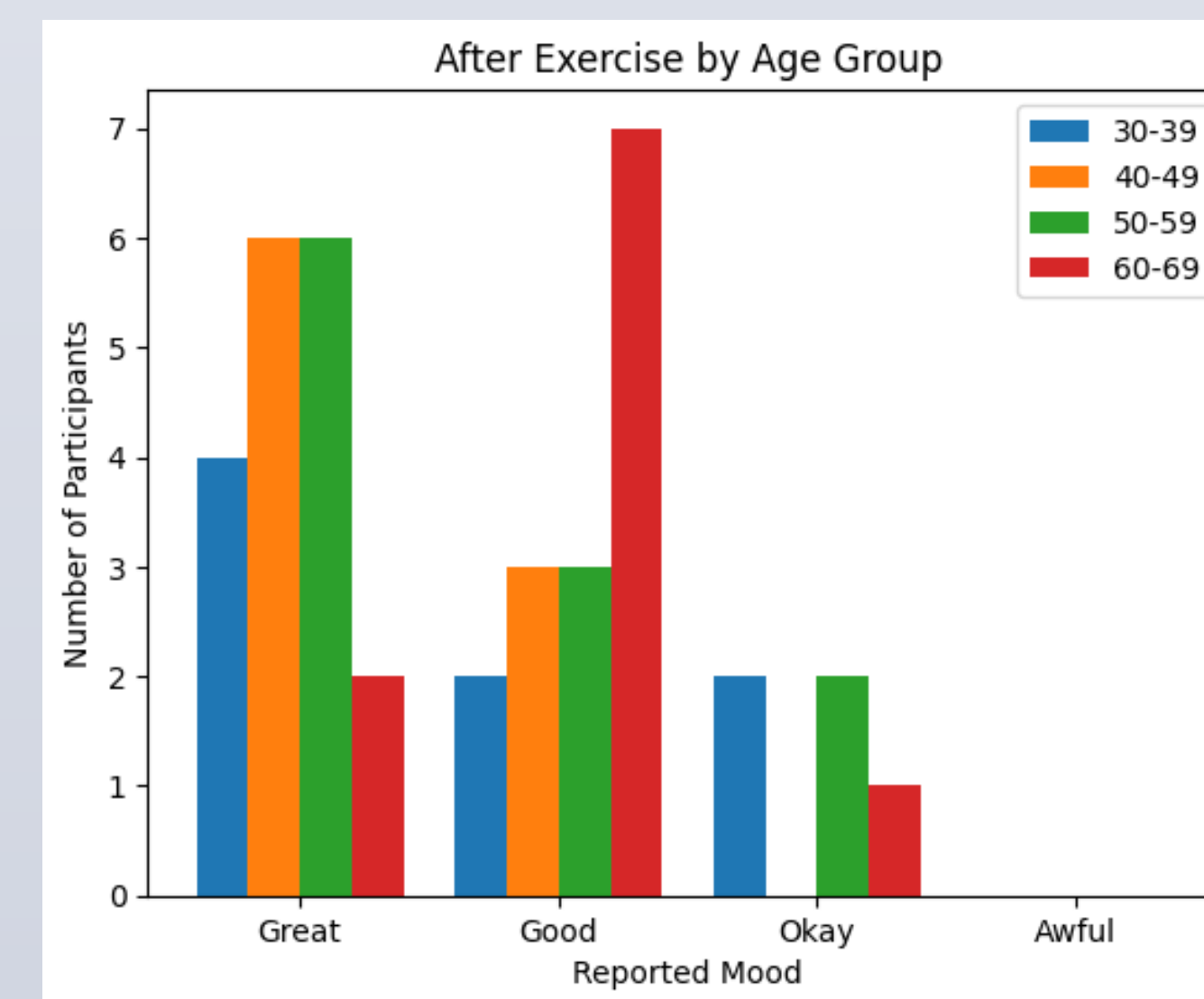
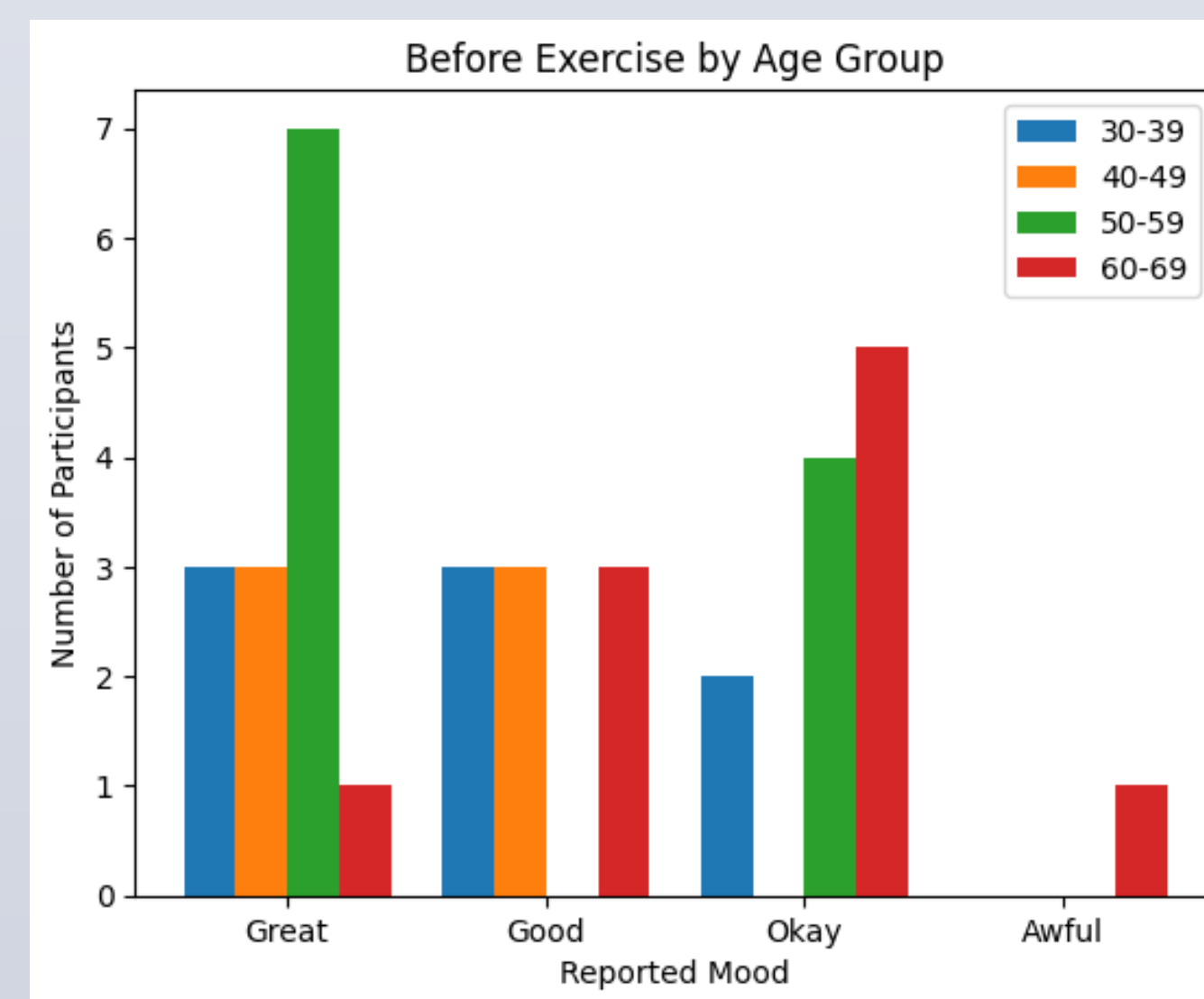


Figure 1. Surveys

Results



- These graphs represent mood before and after exercise. Overall, there was no significant change in mood by age group, although some small shifts between categories were observed.

CONCLUSIONS

Overall, the exercise program did not lead to a clear or consistent increase in participants' moods. However, many participants still reported finding the activities enjoyable and engaging. The finding suggest that participants are motivated to continue these exercises daily to maintain and improve their physical health even after the program ends.

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