



easy
read

**activity
alliance**

disability
inclusion
sport

Being active at home



Activity Alliance is working to support disabled people to lead active lives.



This information supports you to be active at home.

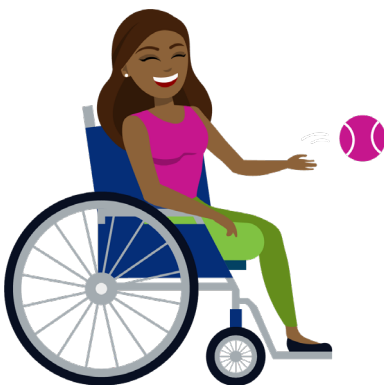
Adapting activities using STEP



STEP stands for **Space, Task, Equipment and People.**



STEP is a way of keeping up with your exercise at home.

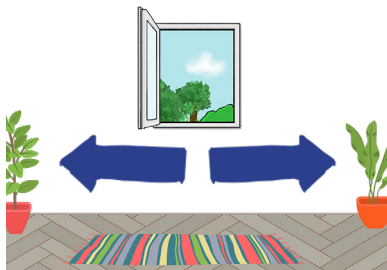


It also explains how to make activities accessible and inclusive for everyone.

Space

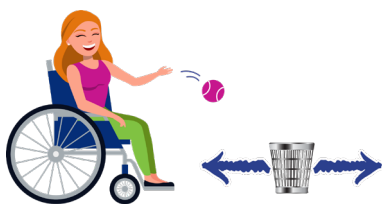


This is where you do your activity.



You can make your activity easier or harder by:

- changing the size of the space you use.



- moving your targets closer or further away.



- changing the surface you take part on. For example:

- wooden floors can make movements easier.



- grass and carpet can make activities harder.

Task



This is what you do in your activity.



You can make your activity easier or harder by:

- trying it while you are seated, and then trying it while you are standing.



- using just one hand or one leg.

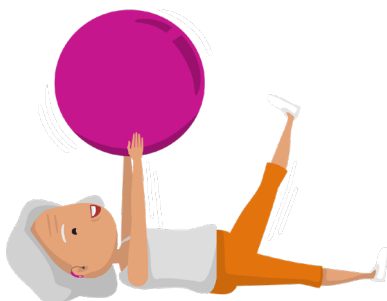


- looking at how long it takes you to do the activity. Try to do it quicker next time.

Equipment



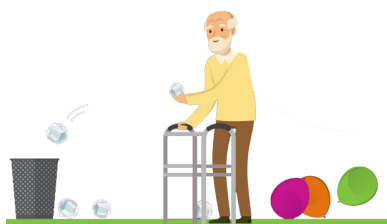
This is what you use to do your activity.



Try using different things to do the activity.



Cans of food or water bottles make good weights.



Rolled up paper and balloons can be used instead of a ball.

People



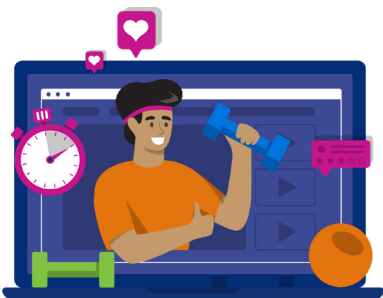
This is who you do your activity with.



Involve other people in your home in your activities.



Involve your pets.

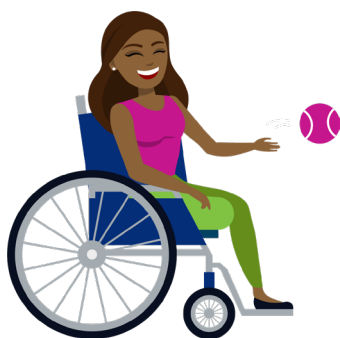


Taking part with family and friends is more fun.

More information



Activity Alliance has created six graphics to explain STEP in a simple way.



These are ideal for disabled people, and organisations.



The graphics show how you can use STEP with any sports and activities.



If you would like to receive a copy of the STEP graphics, please email: news@activityalliance.org.uk or call **0161 228 2868**



For more information about STEP visit the Activity Alliance website: www.activityalliance.org.uk/step