



FOR IMMEDIATE RELEASE

MIAMI LIGHTHOUSE TRANSITION TEENS TO PARTICIPATE IN UNITED STATES ASSOCIATION OF BLIND ATHLETES NATIONAL FITNESS CHALLENGE

Miami, Florida (April 17, 2014) – Thirty teens and young adults from the Miami Lighthouse Transition Program will be participating in the United States Association of Blind Athletes (USABA) and the WellPoint Foundation's National Fitness Challenge. Miami Lighthouse for the Blind and Visually Impaired will be one of 39 agencies throughout the United States to provide blind and visually impaired individuals with an opportunity to increase their physical fitness levels, as well as, live healthier and more active lives.

In collaboration with Florida International University, four occupational therapist students created a fitness routine for the use of students participating in the Miami Lighthouse Transition Program. The fitness regimen, which includes student and instructor manuals for adapted yoga and CrossFit, will be implemented in the Miami Lighthouse Transition program's Saturday classes and Summer Program (running from June 16- August 1, 2014). The materials, which can be taken home to complete independently, are accessible for the blind and list accommodations that a person with a visual impairment may need to complete the activity.

The goal of the program is to raise the physical activity levels of each participant to the level recommended by the Centers for Disease Control and Prevention (CDC). This year's program will integrate the use of technology and social media to help the participants set goals create team environments and encourage leadership. Each participating student received a Nike+ FuelBand Silver Edition (SE), provided by the USABA, to measure and track many kinds of activities, calories burned and the number of steps taken.

Miami Lighthouse recently hosted the 2014 Transition Idea Swap, an annual event where Community Rehabilitation Provider agencies serving Transition-aged students and representatives from the Division of Blind Services come together to discuss the programs and strive for implementing best practices throughout the field. The program manuals designed by FIU students were distributed to participating Transition agencies throughout the State of Florida as part of this event to be used as a model for other agencies to follow.

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