Inclusive.Fitness.Initiative

We have started a private Instagram site for sharing information about inclusive fitness activities and resources! Please let us know what you do to stay fit and active! If you have an Instagram account, look up “Inclusive.Fitness.Initiative” and submit a follow request to upload photos. If you do not have an Instagram account, please send photos to Peyton at peyton.sefick@gmail.com.

1. Post a photo of an inclusive fitness activity that you enjoy onto our Instagram site.

2. The map feature lets you see what inclusive fitness resources are available in your area.

3. Say something about the activity. Others can comment too.

4. Tap on a location to see what other fitness activities are available.

5. Open in Maps to get directions!