



**Hilary Farmiloe,
National Project
Manager**



It's testament to the quality and dedication of Aspire & InstructAbility that they were recently announced as finalists of the ukactive award for Inclusion & Disability. Here, National Project Manager Hilary Familoe explains some of ways tech can make fitness more inclusive.

How do you think technology could enhance Aspire & InstructAbility's offering in the future?

Our ethos is about inclusion. We develop activities that disabled and non-disabled people can do together, and promote enhanced accessibility to exercise for both disabled people and instructors. Technology offers huge opportunities for both.

For example, lighting could help visually impaired people, boost confidence, influence mood, and provide a relaxing sensory experience for those with anxiety issues or conditions such as autism. Pulsed lighting could also help deaf people to follow the beat of the music. Likewise, good audio lets instructors balance music and microphone levels, which is important when participants are visually impaired, hard of hearing or have learning difficulties. Online workouts would also help, since travel is often an issue.

So, accessibility is ultimately about the instructor being able to modify different functions to best suit the audience, but we're also really keen to explore the accessibility of products for disabled fitness professionals themselves. Controlling lighting, visuals and audio all from a tablet would be great for those with reduced mobility, and provide an enhanced communication tool for instructors who are visually impaired or have hearing difficulties.

“

Fitness professionals with lived experience of disability know how to create sessions that are fun and accessible for everyone.