

## **The BiG Hearts Program: Developing a Physical Activity Program for Adults with Intellectual and Developmental Disabilities**

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### ABSTRACT

Less than one-third of the population of individuals with intellectual and developmental disabilities (IDDs) meet the World Health Organization's (WHO) weekly recommended physical activity (PA) requirements (Temple et al., 2006). This qualitative study focused on a PA program for five women with IDDs. **PURPOSE:** The purpose of the study was to (a) engage participants in in-person encouragement via completing the tasks with participants and motivational words during activities and (b) assess the level of daily physical activity (via daily step count through an activity tracker). **METHODS:** Participants completed a month-long study, consisting of wearing a fitness tracker, noting their daily steps, going to a gym, going on walks, or chair exercises twice weekly. The five participants were instructed to wear the activity trackers seven days a week for up to 10 hours. **RESULTS:** Three of five participants enjoyed the activity trackers, and two did not care for them. One participant chose not to wear the activity tracker throughout the duration of the study but continued to engage in the program. **CONCLUSION:** The researcher concluded that the factor that increased motivation for PA engagement the most was the motivational words of encouragement. Each participant had a varying interest in PA, but all worked best one-on-one with the researcher.