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**ADAPTIVE, INCLUSIVE HEALTH AND WELLNESS VIDEOS
COMING TO YMCA 360 THROUGH NCHPAD PARTNERSHIP**

Wichita, Kansas — Empowering individuals with disabilities to lead active, healthy lifestyles is the focus of a partnership announced today between YMCA 360, the digital platform for YMCAs, and the National Center on Health, Physical Activity and Disability (NCHPAD). Adaptive fitness and wellness videos created by NCHPAD will be integrated into YMCA 360 starting October 6.

"YMCA 360's tagline of 'access for everyone' aligns perfectly with NCHPAD's mission to empower people of all abilities to engage in healthier lifestyles," said Dr. James Rimmer, NCHPAD Director. "We're very excited to partner with YMCA 360 to bring our experts in adaptive fitness and wellness to this dynamic digital platform to help create an accessible and supportive environment where everyone can thrive in their health journey."

NCHPAD's digital content draws on the expertise of exercise physiologists, the lived experiences of the NCHPAD community, university researchers and many more. Through the YMCA 360/NCHPAD partnership, content will also be developed specifically for fitness instructors and trainers, equipping them with the knowledge and resources needed to reach individuals and groups with inclusive programs that target the mind, body and spirit.

"YMCA 360 makes healthy living possible anywhere, anytime – to anyone," said Ronn McMahon, Greater Wichita YMCA President and CEO and YMCA 360 co-founder. "We are honored to join forces with NCHPAD to advance what matters most to both of our organizations, and that is creating opportunities FOR ALL people to grow and discover their full potential, no matter their personal circumstances or backgrounds."

Headquartered at the University of Alabama at Birmingham School of Health Professions, NCHPAD is a national hub for inclusive health promotion that turns evidence-based science and research into real-world programs. YMCA 360 was introduced in 2020, utilizing best-in-class people, programs and systems to deliver the ultimate connected community.

"Our collaboration with the National Center on Health, Physical Activity and Disability is a powerful example of how we are continuing to expand the reach and relevance of the YMCA 360 digital platform to our partner Ys," YMCA 360 co-founder Dan Dieffenbach said. "YMCA 360 is the destination for over one million users and counting to find the tools and content they need to support their individualized goals and health and wellness journeys."

Y associations that are interested in learning more about YMCA 360 and the benefits it can provide their members are invited to contact info@ymca360.org.

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About YMCA 360

YMCA 360 is the digital platform for the YMCA community that gives individuals the ability to customize their health and wellness journey wherever they are. Built for the Y by the Y, YMCA 360 users have access to thousands of pieces of on-demand and live content for mind, body and spirit as well as an array of advanced features which provides YMCAs best in class digital options such as a mobile app, scheduling capabilities, rewards program, member challenges, robust workout tracking and more. For more information contact info@ymca360.org or visit ymca360.org.

About the National Center on Health, Physical Activity and Disability

Founded in 1999, the National Center on Health, Physical Activity and Disability (NCHPAD), headquartered at the University of Alabama at Birmingham (UAB) School of Health Professions, has grown from a public health resource center into a national hub for implementation science and practice, promoting health and well-being for all. Learn more at nchpad.org.