**Summer Task**

Identify the different ways to meet the needs of a specific group and encourage them to be active.

| **Group** | **Explanation -** What is this? Who would qualify? | **Changes in exercise -** What exercises can you do to support the participant's needs? |
| --- | --- | --- |
| Elderly |  |  |
| Disabled - Physical |  |  |
| Teenagers |  |  |
| Women |  |  |
| Single Parents |  |  |
| Ethnic minority groups |  |  |
| Unemployed |  |  |