

Supplemental Material S5. Examples of programs that offer active recreation.

Name of Organization	Activities	Description	Contact
Special Olympics	30-plus Olympic-style individual and team sports	Special Olympics is an international organization that offers sport programs for persons with intellectual and physical disabilities.	https://www.specialolympics.org/programs?locale=en
Athletes Without Limits (AWL)	Cycling, equestrian, rowing, etc. Hubs in Oregon and Washington, D.C.	AWL helps athletes identify opportunities at the national, regional and local level with a focus on integrating athletes with intellectual and developmental disabilities.	https://www.athleteswithoutlimits.org/
Move United	60 plus different sports.	Move United provides sports and recreation to people with a wide range of disabilities.	https://www.moveunitedsport.org/
Outdoors Without Limits (OWL)	Fishing, hunting, camping, hiking	Outdoors Without Limits runs outdoor programs with mentor-mentee style activities.	https://outdoorswithoutlimits.net/
Wilderness Inquiry	Outdoor recreation activities such as canoeing & hiking	Wilderness Inquiry organizes outdoor trips in a mentor-mentee style program while exploring the outdoors together.	https://www.wildernessinquiry.org/mission/