

A young boy in a red and black baseball uniform is crouching on a dirt field. He is wearing a black helmet and holding a baseball glove in his left hand and a bat in his right hand. He is looking towards the camera with a slight smile. In the background, another player in a light blue uniform is partially visible. The scene is outdoors on a sunny day.

Disability hasn't
stopped me.

Help me develop physical
literacy and I will be

ACTIVE FOR LIFE®

Disability doesn't need to be an obstacle.



Just look at 7-year-old Élie Hamel. Despite having transverse myelitis and cerebral ataxia, he plays Atom-level baseball.

Élie's story shows how disability doesn't need to keep a child from living an active life. Given programs that promote autonomy and development, all kids can realize their full potential.

It's all about developing motor skills, motivation, confidence, and a love of movement. These things need to be fostered early to encourage kids to stay active throughout their lives.



You can learn more about physical literacy and child development by visiting ActiveforLife.com and rcpem.com. Follow the QR code to learn more about Élie's story.

