



# Resource guide for active living

In November 2015, a valuable catalogue of on-line resources was published on the CDPP website. The catalogue contains information for Canadians with disabilities on where to find high-quality information about becoming more physically active. It is organized into 3 sections, focusing on sports, physical activity, and active living. Resources for specific disability types are included, as well as those for all people with disabilities. More than 100 resources are identified, along with contact information and web addresses (where available). [To access the catalogue, click here.](#)

