

## **No Arms, No Legs, No Problem**

By Bob Lujano

This book is a biography on the life of Bob Lujano. Bob is a quad amputee, below the elbow (BE) and above the knee (AK), who is testament that the benefits of a healthy active lifestyle can change the landscape of people with disabilities in their preconceived roles established by an exclusive society.

Over his 35 years of living with a disability, what has not changed is the view that people with disabilities are still underserved. It has become apparent that people with disabilities are living in a world that falls short of addressing the greatest barriers to living a life with a disability. These barriers are architectural, programmatic, and attitudinal. These barriers are very much engrained in our society and culture that fails to see the importance of a healthy active lifestyle for everyone, especially 56 million people living with a disability.

This biography gives a first-hand account of when a person with a disability does not have to encounter these types of barriers then they are empowered to live a life that is full of cultural changes.

Bob's commitment to a healthy active lifestyle started in college where he participated in a wheelchair basketball program at University of Texas at Arlington (UTA), where he earned a BS in Pre-Law. These skills included chair placement, cardiovascular training, and strength training. A few years later Bob was introduced to wheelchair rugby.

It was in the sport of wheelchair rugby where Bob used these skills to make the US National team. He was selected to the High Performance Training Program (HPTP) of the US Paralympics (USP). He would go on to be selected for the 2004 Paralympic Games in Athens, Greece, where he won a bronze medal. During this time, Bob would earn an MS in Recreation/Sport Management from the University of Tennessee. He would also find and secure employment from the 1996 Atlanta Paralympic Organizing Committee (APOC) and Lakeshore Foundation, an official US Olympic and Paralympic Training site in Birmingham, Alabama.

Bob's participation in the Paralympic Games completes the full spectrum of the benefits of a healthy active lifestyle starting at a grass roots academic level and continuing to reach the apex of competitive sport in being selected as a Paralympian. Along the way barriers of education and employment were also not a factor as Bob was able to complete an education and find employment. These two barriers of education and employment are tied to each other. They are very much a big reason why there is still 70% unemployment for people with disabilities.

The title of "No Arms, No Legs, No Problem" reflect the strong faith and view of one person's perception that if he does not see himself as having a barrier imagine what can happen if society carried this same perspective in their own community. It is rallying call to a society on how much better the lives of 56 million people could be if we became an inclusive society looking to address the concerns of an underserved population.