



Ben Clark



Ben Clark created and set up **Adapt to Perform**.

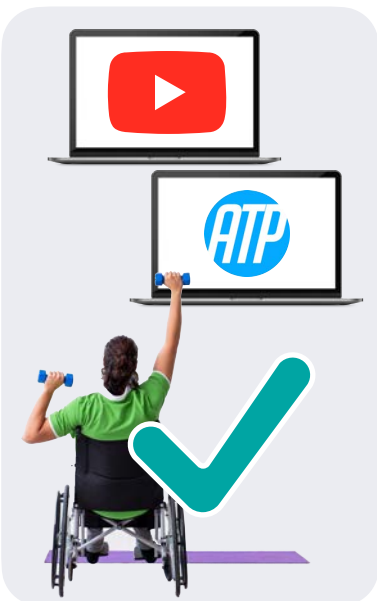
Adapt to Perform helps disabled people with exercising and getting fit.



After his own injury, Ben has helped disabled people all over the world with exercise.

Adapt to Perform helps disabled get fit by:

- having lots of free exercise videos on YouTube
- having fitness courses on its new website
- making fitness and exercise more inclusive for disabled people.





Website: www.adapttoperform.co.uk



Twitter: www.twitter.com/adapttoperform



Instagram: www.instagram.com/adapttoperform



TikTok: www.tiktok.com/@adapttoperform



Facebook: www.facebook.com/AdaptttoPerform



LinkedIn: www.linkedin.com/company/adapt-to-perform/about/



YouTube: www.youtube.com/channel/UClosZzwrXmjPzDCwD9OcC0A



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