



Knowledge in Motion
Lecture Series
Living Healthy
with Spinal Cord Injury

Accessing Opportunities for Sports and Exercise in the Community



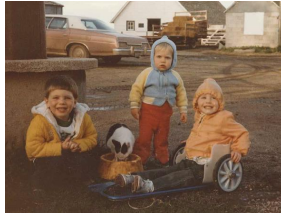
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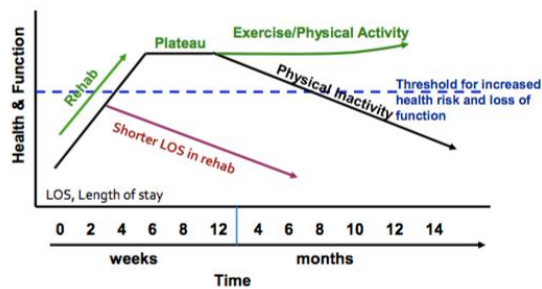
Accessing Opportunities for Sports and Exercise in the Community

- So you know that exercise is important....
 - But – how does one find opportunities to engage?
- Community barriers can be significant
 - Inaccessible fitness facilities
 - Lack of transportation
 - Costs are too high
 - People may have negative attitudes
- This applies to everyone!
 - However, these barriers may become more complex after SCI

- One example...



- After formal rehabilitation is over, many people encounter a “GAP”
- Bridging that gap is key to optimizing long-term health



(Rimmer, PM&R 2012)

- Three key points for today:
 1. Be your own advocate
 2. If at first you don't succeed, try, try again
 3. Find opportunities for exercise everywhere you go



But not here.....

- Opportunities for exercise are diverse
 - Formal adaptive sports and recreation programs
 - Example – Spaulding Adaptive Sports Centers, ExPD
 - Joining a health club
 - Example – your local YMCA
 - Incorporating exercise into every day life
 - Example – taking a wheelchair stroll
- Bottom line – choose what works for you
 - Accessible
 - Feasible
 - And most importantly – fun



- Point #1: **Be you own advocate**
 - Many people involved in fitness programs will never have worked with someone with SCI
 - Educating others and raising awareness is key
 - Example: A Krank Cycle class at your gym?



- Point #2: **If at first you don't succeed, try again!**
 - Motivation has been found to be one of the most important factors that keeps a person involved in exercise over time
 - Not every one, has to like every activity
 - Keep trying until you find something you love



- **Point #3: Find opportunities to exercise - everywhere**
 - When it comes to maintaining fitness – every bit counts
 - “Move it or lose it” is true!
 - Example: Burn machine, take a wheelchair jog



- **Resources to consider**
 - National Center on Health, Physical Activity and Disability
 - www.nchpad.org
 - Peter Harrison Center
 - <http://www.lboro.ac.uk/research/phc/>
 - YMCA Access Programs (vary state to state)
 - Paralympic Sport Clubs
 - <http://www.teamusa.org/US-Paralympics/find-a-club>

- **Summary**

- Remember the 3 key points
 - Be your own advocate
 - If at first you don't succeed, try again
 - Find opportunities to exercise – everywhere



- This will be one of the best things you can do to preserve and optimize your health