

Introduction to Exercise and Disabilities

Barriers against people with disabilities doing fitness

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Contraindications regarding fitness for people with disabilities

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Adaptable Equipment and Program Design

What equipment is best for your facility, clients and budget?

Assess:

Type of clientele

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Fitness needs/goals

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Types of equipment

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Staffing requirements

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Budget requirements

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What is the FITT principle?

Frequency

Intensity

Time

Type

Working Muscles and Program Design

Now asses this yet again with your client needs and what opportunities there may be in the community.

Key things when developing a fitness program

Ensure the client has medical clearance and Parmedx/ParQ signed

Provide a safe environment for client, if a home based program ensure the area where they are going to do their fitness is free of hazards i.e. cords to trip on, unstable objects that may fall etc.

Calculate into their program if they are already doing fitness elsewhere.

Ensure proper stretching at the end of the workout holding the stretch for 30-60 seconds.

Set up a complete schedule of when they are coming to see you or you to them or doing their program on their own at home.

Keep track of their progress.

Change up the program every 4-6 weeks based on the clients needs.

Encourage your client, provide motivation and a fun environment so the keep coming back and continuing on their own.

Adaptable Equipment used at Hutton House.

Gymstick <http://www.gymstick.ca/>
Bendy Bar- Body Bar Flex <http://www.bodybar.com/>
Small Bands <http://muscleup.ca/shop/index.php>
Pilates Stick <http://www.pilatesstick.com/>
Xco Trainer <http://www.fitter1.com/>
Fit Discs <http://www.fitter1.com/>
Bosu Balance www.bosu.com
Equalizers www.lebertequalizer.com

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