



Alternative Gym News

"An Intensive Workout to fit your special needs"

To receive this newsletter in an e-mail please contact Kelly at 678-945-4662 or e-mail her your e-mail with newsletter in the subject column to 4all-gym@bellsouth.net

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Volume 1, Issue 1

Health Benefits of Exercise for Persons with Disabilities

(Information provided by Sean Tweedy, CONROD Research Fellow, School of Human Movement Studies, University of Queensland)

In their seminal report "Physical Activity and Health", the U.S. Surgeon General's (1996) concluded that regular physical activity can have a significant health benefit for people of all ages, both male and female disabled and non-disabled. The Surgeon General expressed a sense of urgency in increasing the frequency and duration of physical activity participated in, stating that: "Because physical activity is so directly related to preventing disease and premature death and to maintaining a high quality of life, we must accord it the same level of attention that we give other important public health practices that affect the entire nation. The health benefits of regular physical activity have been shown to be the same for people with and without disabilities (Brenes et al, 1986; Minor and Hewett, 1995; Siegel et al, 1970; Cowell et al, 1987; Kaplan et al,

1981; Kristensen et al, 1980; Gehlsen et al, 1981).

However it has been observed that people with disabilities (PWD) participate less, have lower levels of fitness and higher metabolic cost of physical activity than able-bodied peers (Oligiati et al, 1988; Olney et al, 1986). People with disabilities accrue additional benefits from participating in regular moderate physical activity, including:

- PWD who are physically active have ameliorate co-morbidity including contractures, decubitus ulcers and decreased rate of hospital admission (compared with inactive) and physical activity is seen to prevent and/or ameliorate co-morbidity including contractures, decubitus ulcers and deep-vein thrombosis (Stotts, 1986; Patrick and McClelland, 1985; Hopkins et al, 1987; Marge, 1988; McAdam and Natvig, 1980; Agre et al, 1987; Hardy and Jones, 1986);
- Regular physical activity is seen to have



a positive influence on the measures of independence, activities of daily living and quality of life (Marge, 1988; Spira, 1980; Petrofsky and Heaton, 1983; Oligiati and Di Prampero, 1986).

- Physical activity decreases psychological sequelae associated with disability (Meyer, 1981; Shepherd, 1991; Green et al, 1984; Bar-Ord et al, 1976).

Funding available for Georgia Residents....

www.kiddosclubhousefoundation.org

Easter Seals

ChampionsforChildrenGA.org

Check out-Freedisabledsecrets.com

Announcements:

- *The Rumph family is having their annual fundraiser in Oct. to get a accessible van. For donations contact stepheumph@yahoo.com*
- *November 6th-8th join us at the Cobb Galleria for the Abilities Expo. More information to follow.*
- *Send us a story or announcement to put in our monthly newsletter. We would love to hear from everyone.*

Hello from Natalie



Hi everybody!!! Great news, I'm in high school now and I Love it! My teachers are awesome!

I'm still walking with my walker everywhere and I'm starting to walk by myself with canes. I'm super excited.

I'm fifteen now and this is one of the pictures from my birthday.

I hope you like it!!!

Love,
Natalie

Inside Story Headline

Inside Story Headline

*"To catch the reader's attention,
place an interesting sentence or
quote from the story here."*

Inside Story Headline

Inside Story Headline

1981;



Caption describing picture or graphic.

Inside Story Headline

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands

of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure



Caption describing picture or graphic.

to place the caption of the image near the image.

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An Intensive workout to fit your special needs



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

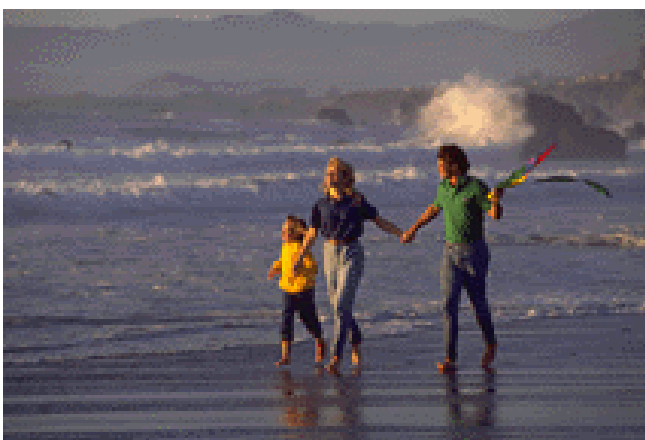
A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to re-

fer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind

readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.