

Western NY Healthy
Communities Coalition
A LIVE WELL COMMUNITY

#LIVINGWELLWNY

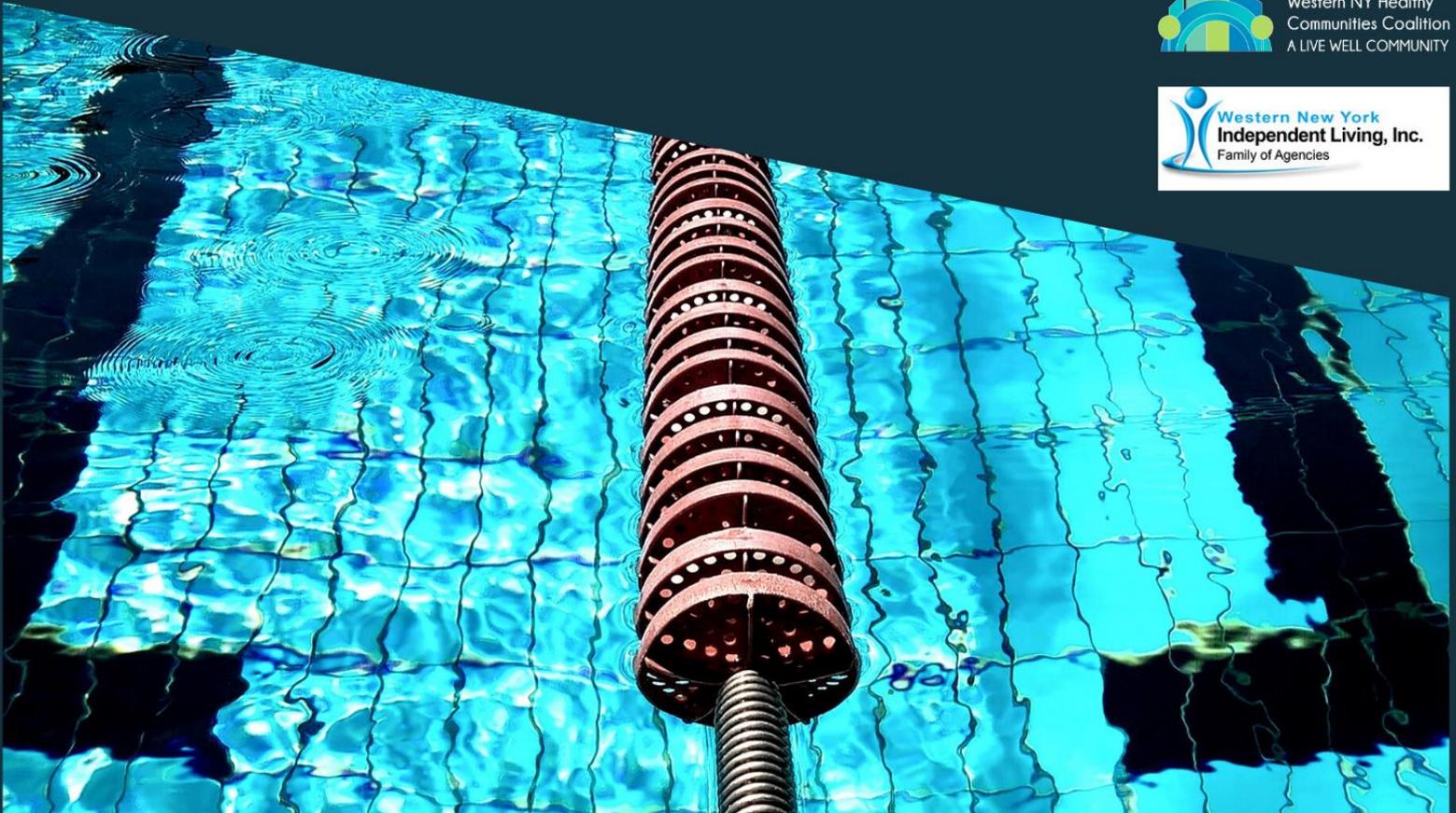
READY FOR EXERCISE?

*Resource Guide for
People with Disabilities*



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WHY EXERCISE?

You might think of exercise as a way to lose weight, and you are right! However, exercise is more crucial to your overall health, than just a means to drop a few pounds.

Participating in regular physical activity on a daily basis is necessary to keep you healthy and to prevent many chronic diseases like heart disease, stroke, diabetes, and even some cancers. Regular physical activity also lowers blood pressure, reduces arthritis symptoms, improves balance, and improves joint mobility. On top of all these great physical benefits, it just makes you generally feel better, you will have more energy, sleep better and be more confident. Why wouldn't you want to exercise?

Need another reason to be more active? How about this, if you are a person with a disability or a physical impairment, and do not exercise, you are **50%** more likely to

suffer from chronic disease than those who get the recommended **30 minutes** a day of physical activity. Stop and think about that for a moment.

As a person with physical limitations becomes stronger and more flexible with consistent exercise, they will start to experience greater independence with everyday tasks, like extending your reach or doing transfers without help from someone.

The Physical Activity Guidelines for



Adults need a mix of physical activity to stay healthy.

Moderate-Intensity aerobic activity*

Anything that gets your heart beating faster counts.













Muscle-strengthening activity

Do activities that make your muscles work harder than usual.






* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

Americans recommends **ALL** adults get at least **150 minutes** of aerobic activity **AND 2 days** of muscle-strengthening activity **EVERY WEEK**. According to the guidelines, *“when adults with chronic conditions or disabilities are not able to meet the above key guidelines they should engage in regular physical activity according to their abilities and*

WHY EXERCISE?

*should **avoid inactivity***". They should also consult their healthcare provider, or physical activity specialist about the types and amounts of activity appropriate for their abilities and chronic conditions. In some cases, it may be better to start off with less than 150 minutes a week, increasing the duration as you grow stronger.

Perhaps you are wondering, *how can I possibly be physically active when I; have a disability, suffer from severe obesity, have a breathing condition, am stiff with arthritis, or am elderly and afraid of falling.* The truth is you **CAN** be active, you just need to find what works for you. Talk with your doctor, physical therapist or other healthcare provider for suggestions on what may work best for you. Any activity is better than inactivity and you will still reap all the physical and mental benefits from exercise.

The remaining sections of this guide are designed to provide you with various options to keep yourself active. From local recreation programs to scenic outdoor paths to exercise done in the comfort of your own home, there is something for everyone to get you started.



EXERCISING OUTDOORS: ACCESSIBLE TRAILS

Walking or wheeling around town are great ways to get the recommended 30 minutes of cardiovascular activity a day. Researchers at the University of Tennessee at Knoxville identified how many calories can be burned self-propelling a wheelchair. The average adult can burn up to **120 calories** in **half an hour** when **wheeling at 2 mph** on a flat surface. Being outside gives you the added bonus of fresh air and sunshine, which helps boost your mood and provides vitamin D. **Western New York** has plenty of beautiful outdoor **wheelchair accessible** trails to visit, give these trails a try:

Tifft Nature Preserve

Website: www.tifft.org

Phone: (716) 825-6397

Address: 1200 Fuhrmann Boulevard, Buffalo, NY 14203

Length of Trail: Varies

Parking: Free parking at the entrance

Tifft Nature Preserve is a great place to immerse yourself in nature within the City of Buffalo. Walk or roll around this beautiful 264-acre preserve on over 5 miles of trails and see how many different animals you can spot. Stop by the Education Center or attend a workshop to learn about the marvels of nature.



Kiwanis Park Trail

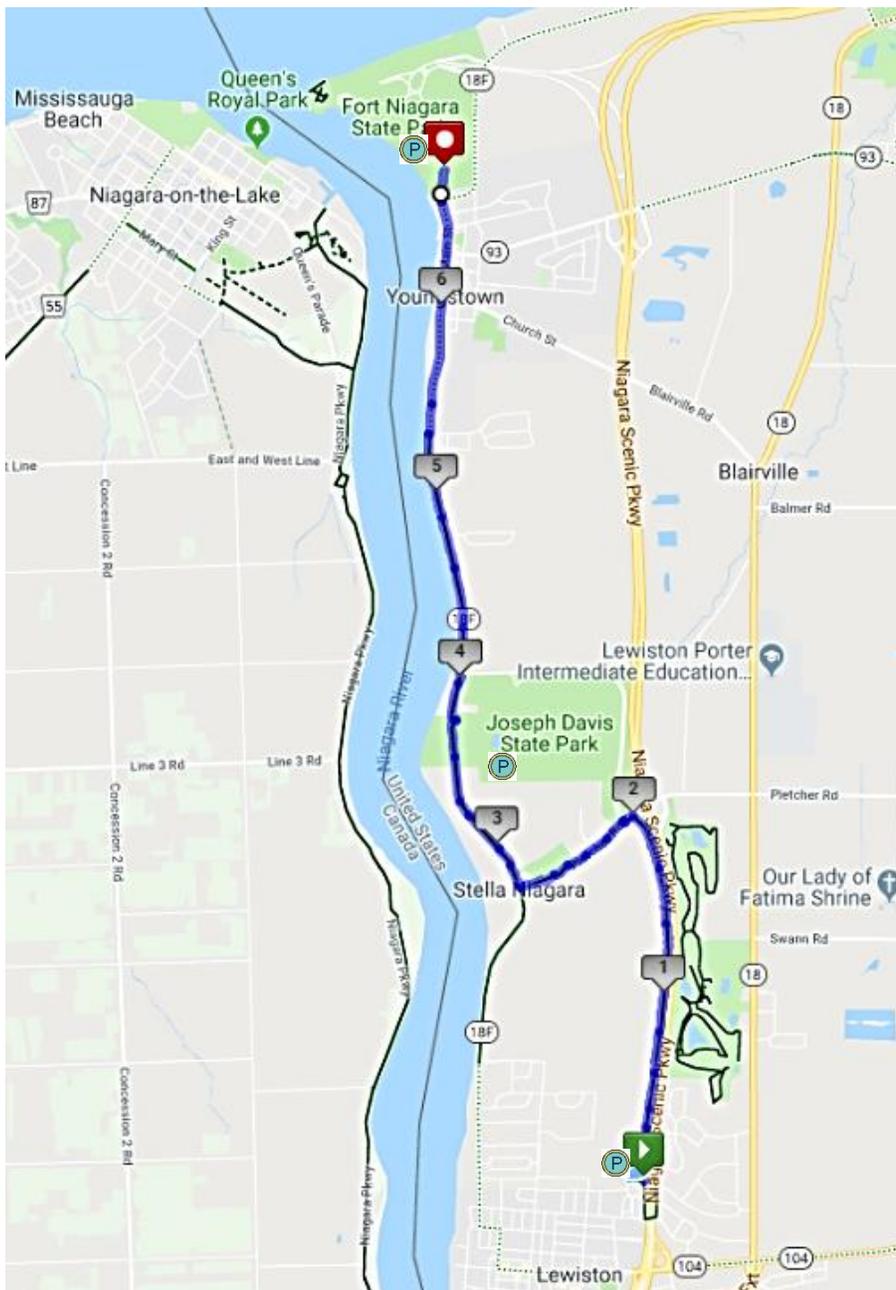
Website: www.traillink.com/trail/kiwanis-park-trail/

Phone: (716)754-9401

Address: 940 Oxbow Ln, Lewiston, NY 14092

Length of Trail: 8 miles

Parking : Oxbow Lane ends at Kiwanis Park, where the parking lot is. You also can park at Fort Niagara State Park in Youngstown and travel South towards Lewiston. Parking is also available at Joseph Davis State Park about halfway between Lewiston and Youngstown.



This trail starts in the Village of Lewiston off Mohawk Street just North of Center Street. Trail is black top until you reach the Village of Youngstown, then the trail is concrete sidewalk through the Village. This trail has no elevation change. You can also travel from the Village of Lewiston, starting at the Red Brick Schoolhouse on Third Street (18F) and travel North on Lower River Road all the way to Fort Niagara. Joseph Davis State Park has a few lakes, picnic tables, and a fishing dock on the Niagara River. It also has a disc gold course. Fort Niagara State Park has a swimming pool, picnic tables, shelters, soccer fields and a boat/fishing dock. On a clear day you can see Toronto, Canada thirty miles across Lake Ontario.

Two Mile Creek Greenway Trail

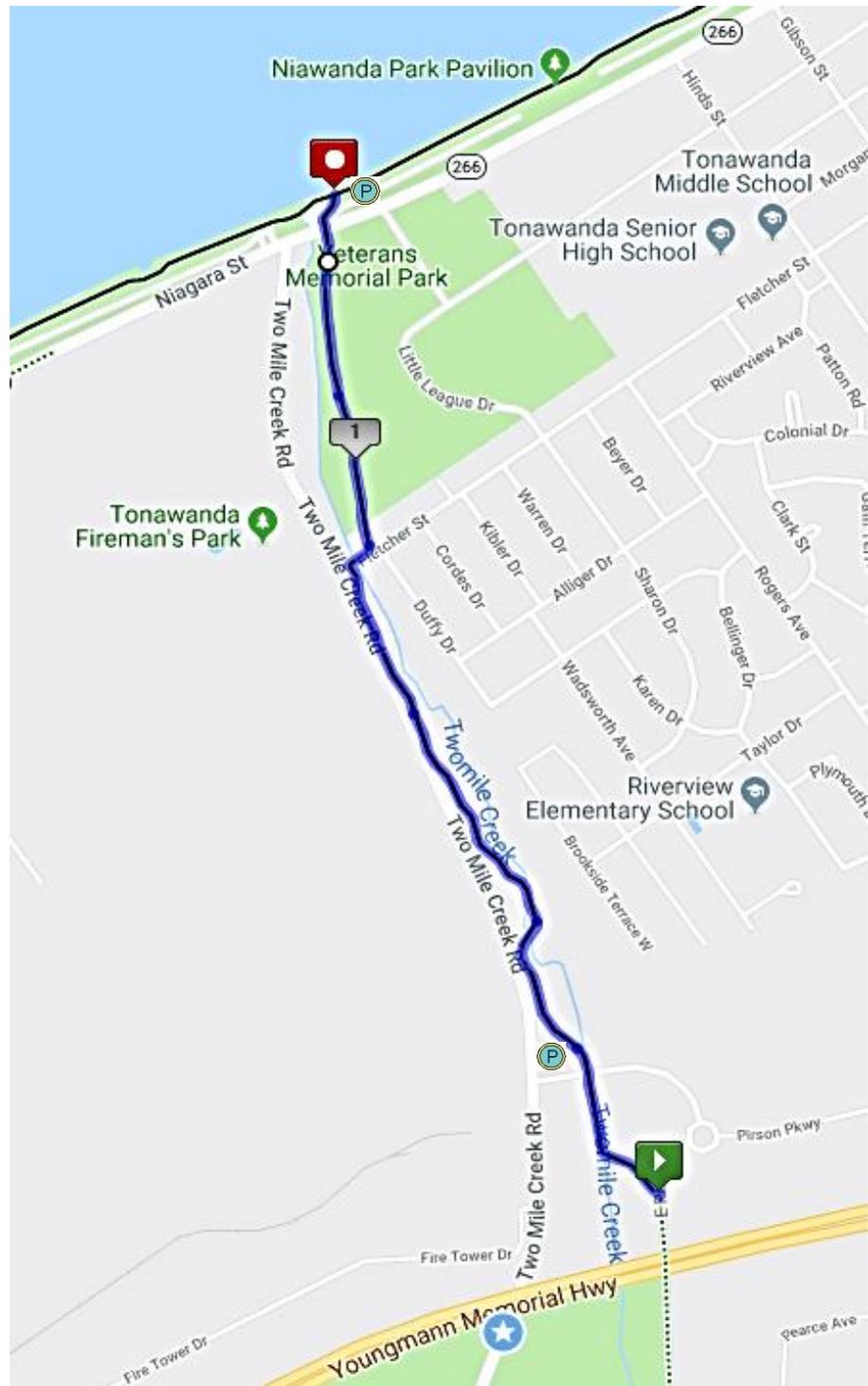
Website: www.traillink.com/trail/two-mile-creek-greenway/

Address: Two Mile Creek Rd. (between Fletcher & E Park Dr.), Tonawanda, NY 14150

Length of Trail: 1.3 miles

Parking : Parking and trail access are available along Niagara Street/Rt. 266 at the northeast end of Isle View County Park and along Two Mile Creek Road closer to I-290.

The Two-Mile Creek Greenway runs from East Park Drive near I-290 to the Niagara River in the town of Tonawanda. The trail follows along Two Mile Creek, passing through Veterans Memorial Park, and ends at a connection with a section of the [Erie Canalway Trail](#) (known as the Riverwalk), a vast trail network stretching more than 300 miles from Buffalo to Albany.



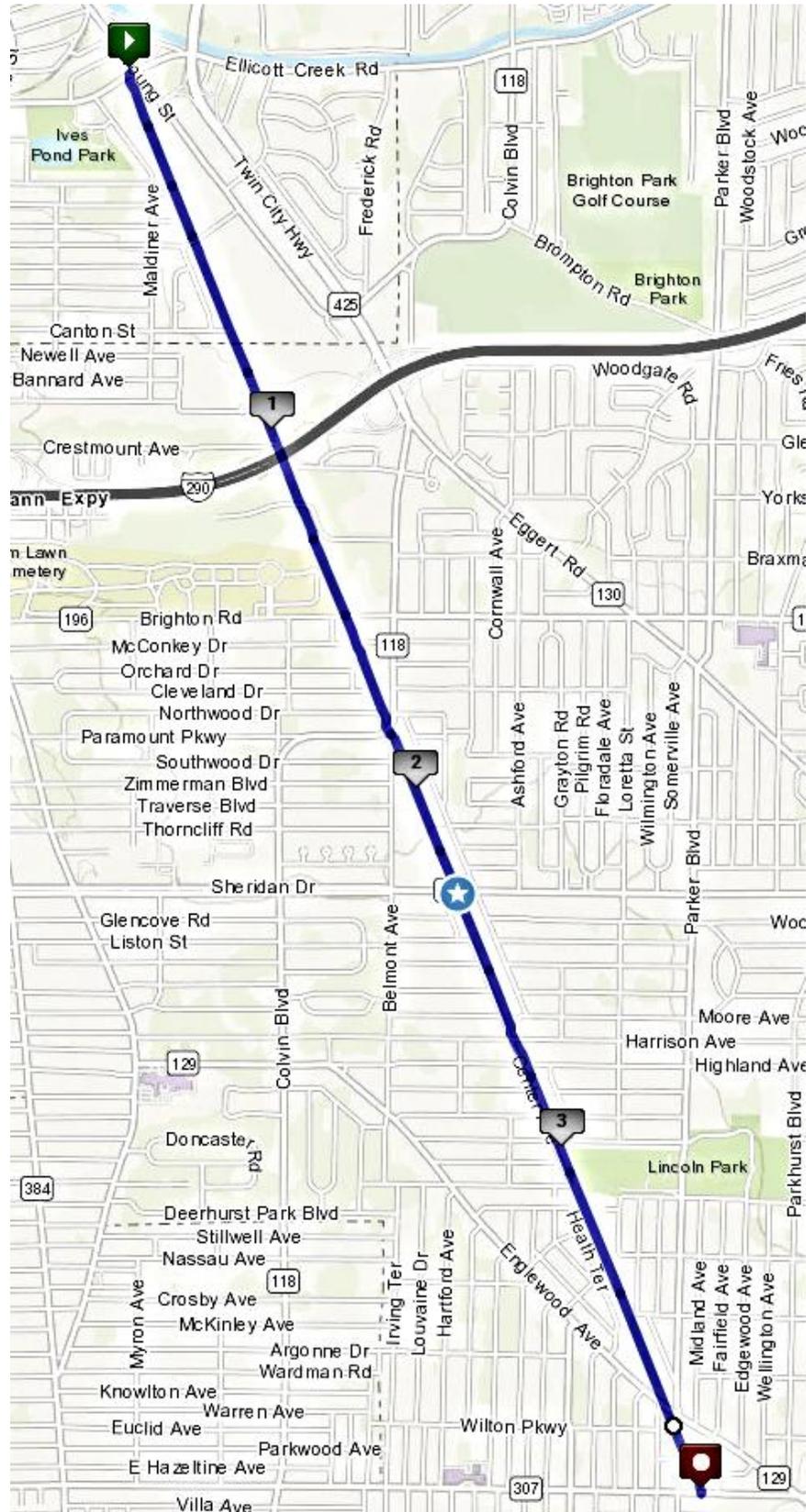
Tonawanda Rails to Trails

Website: www.traillink.com/trail/tonawanda-rails-to-trails/

Address: State St. near Young St., City of Tonawanda, NY to Kenmore Ave. near Fairfield Ave., Town of Tonawanda, NY
Length of Trail: 4.7 miles

Parking : Parking is available near the north end of the trail in Ives Park (2 Frances St.) and at Walter M. Kenney Field (2000 Colvin Blvd.). Mid-Trail, parking can be found at Lincoln Park (1200 Parker Blvd.).

Opened in 2016, Tonawanda Rails to Trails offers a paved linear route through Tonawanda. The rail-trail was built atop the former Erie Lackawanna Railway, which carried both freight and passengers in the 1880s. The pathway runs through a mix of residential and commercial areas and links several schools and parks.



North Buffalo Rails to Trails

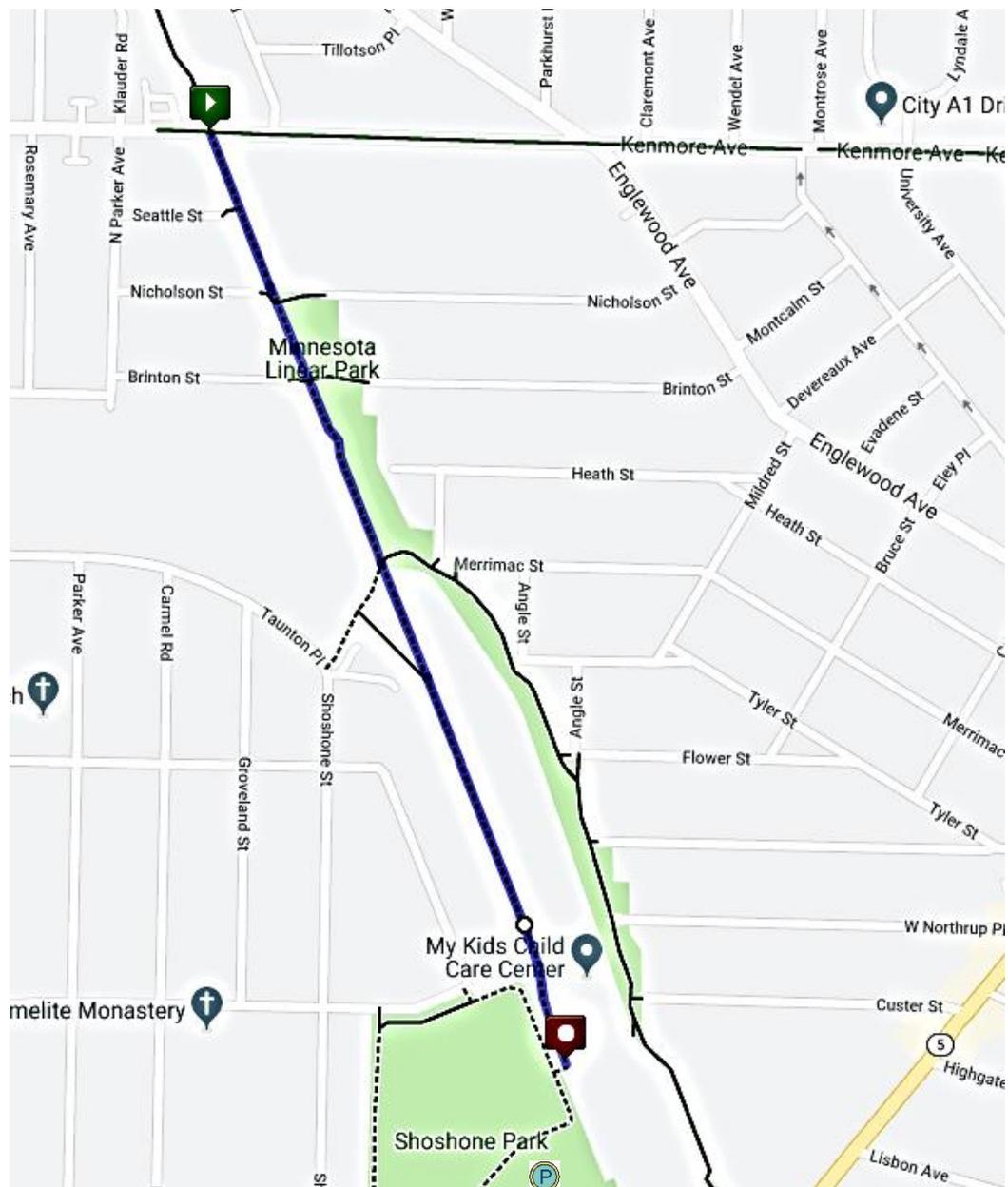
Website: www.trailink.com/trail/north-buffalo-rails-to-trails/

Address: Kenmore Ave. near Fairfield Ave., Town of Tonawanda, NY to Shoshone Park
Length of Trail: 0.65 miles

Parking : parking is available at Shoshone Park at the southern end of the trail.

North Buffalo Rails to Trails offers a tree-lined paved pathway through Minnesota Linear Park in the University Heights neighborhood. Although less than a mile long, it offers two important links in the community. At its southern end, is the LaSalle Metro Rail Station and, at its northern end, is a connection to [Tonawanda Rails to Trails](#). In addition, the trail provides access to Shoshone Park, which offers a number of amenities, such as a pool, basketball court, tennis court, playground, and ball fields.

The trail is easily accessible by public transportation with the LaSalle Metro Rail Station (at the corner of Main Street and LaSalle Avenue) anchoring its southern end.



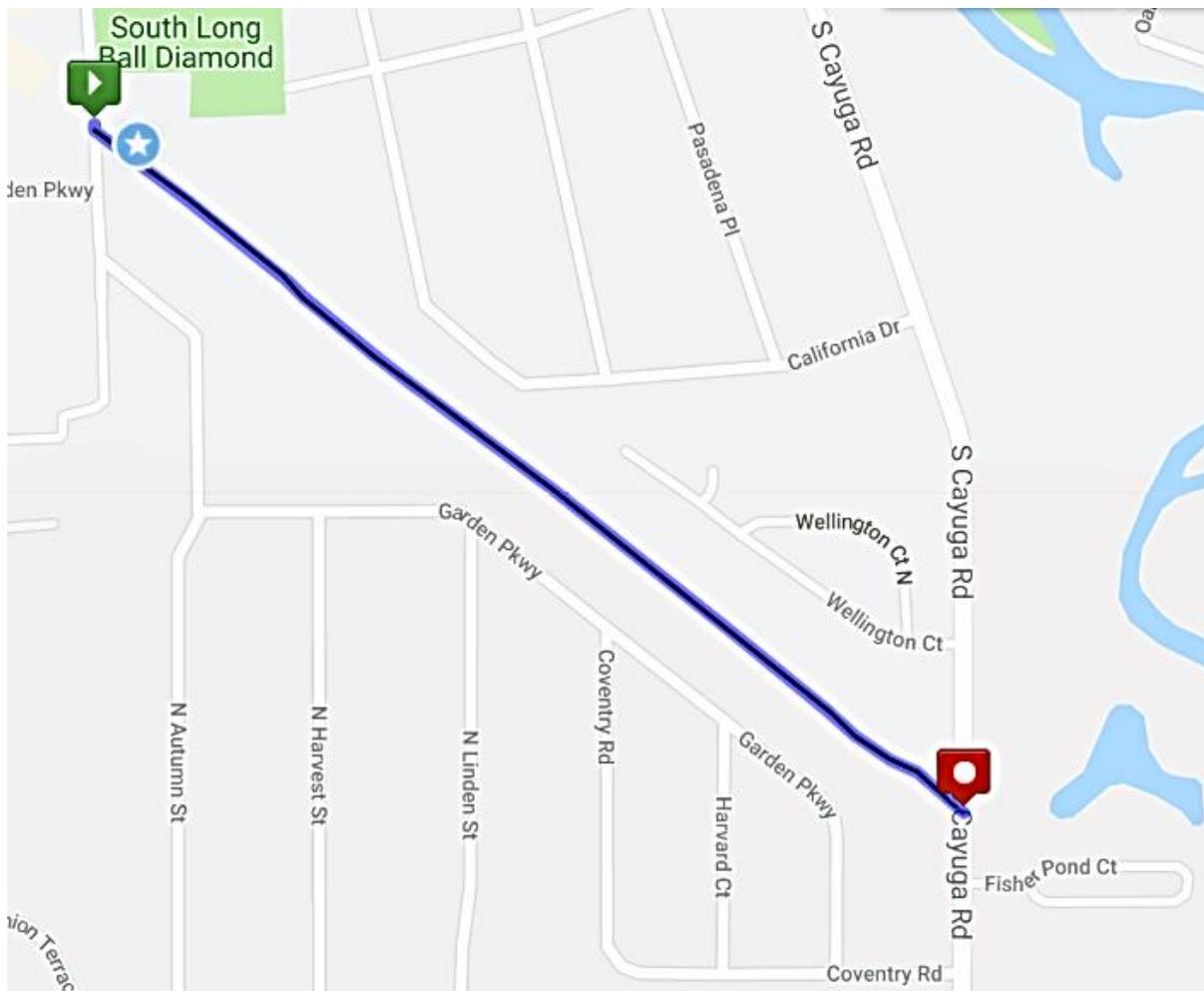
Lehigh Memory Trail

Website: <https://www.traillink.com/trail/lehigh-memory-trail/>

Address: South Long St. to S. Cayuga Rd., Village of Williamsville, NY Length of Trail: 0.55 miles

Parking Lot: No

The Lehigh Memory Trail lies in the Village of Williamsville. The pathway is a short-paved trail that runs through the heart of the village. The trail runs adjacent to the Williamsville Depot; a historic railroad depot constructed in November 1896, by the Depew and Tonawanda Railroad, a subsidiary of the Lehigh Valley Railway. For more information please contact the Village of Williamsville at (716) 632-4120.



Cheektowaga Historic Rails to Trails

Website: <https://www.traillink.com/trail/cheektowaga-historic-rails-to-trails/>

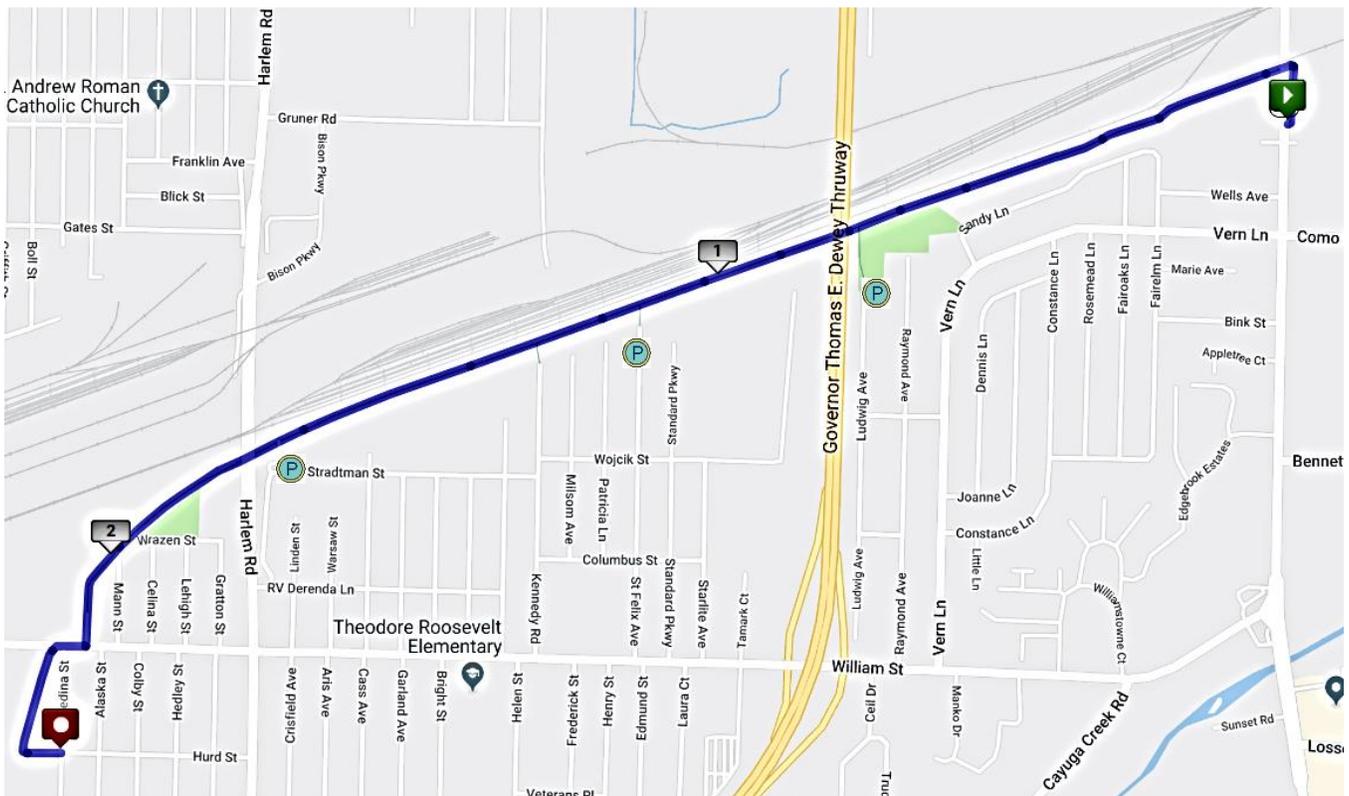
Address: Union Rd. & Hurd St. and Medina St., Cheektowaga, NY

Length of Trail: 2.3 miles

Parking : Dedicated trail parking is available at the trail access points off of Ludwig Ave, St. Felix Ave, and Stradtman St. Users may also find on street parking near the access points, and may find parking near the eastern trailhead in the Apple Tree Business Park lot. Be sure to follow any posted signs and warnings.

A smooth, flat asphalt ride that allows you to discover the town's railroad history. About 1.5 miles of trail are built next to an active rail line on the site of the former Lehigh Valley Railroad, which hauled coal from Pennsylvania up to Buffalo and Lake Erie, making this rail-with-trail a hotspot for railroad buffs.

Beginning in the east, the trail departs from the sidewalk along Union Road and makes use of a pedestrian bridge to cross the road, paralleling the active railroad bridge. The trail heads west, separated from the tracks by a wooden and chain-link fence, and quickly enters a tree-lined corridor behind residential neighborhoods. Several neighborhood streets have short access paths to the trail, and trail users can make use of one such path to check out the adjacent Raymond Park, which hosts a soccer field, playground, and other recreational amenities.



Lancaster Heritage Trail

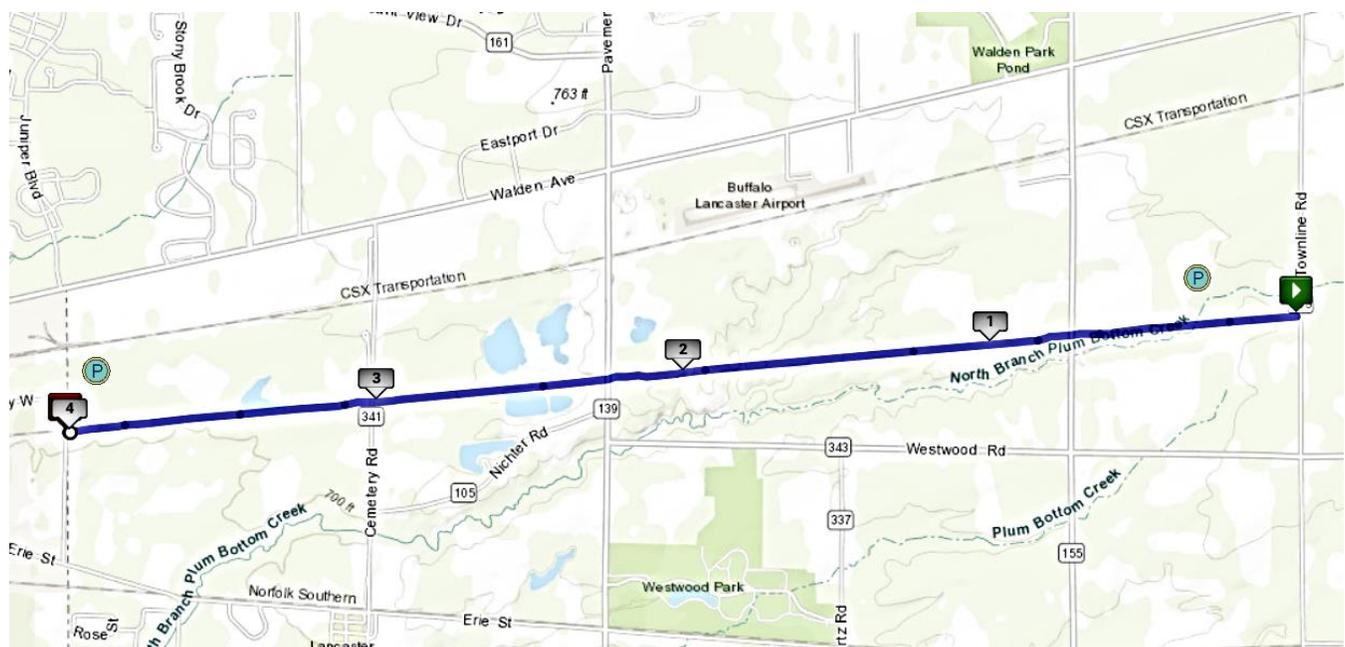
Website: <https://www.traillink.com/trail/lancaster-heritage-trail/>

Address: Walter Winter Dr. & Town Line Road, between Walden Avenue and Westwood Road. Lancaster, NY

Length of Trail: 4.0 miles

Parking : Public parking is available at both ends of the trail.

The Lancaster Heritage Trail offers scenic views as it traverses the wooded Lancaster countryside. At each end, kiosks provide a brief history of the trail, which was built on a portion of the Delaware, Lackawanna and Western railroad bed dating back to the late 1800s. The off-road, non-motorized pathway is paved and relatively level with three at-grade, well-marked street crossings. Benches made of natural materials, including boulders scattered alongside the trail, provide places to rest on the 4-mile journey.



Niagara Scenic Parkway Trail

Website: <https://www.traillink.com/trail/niagara-scenic-parkway-trail/>

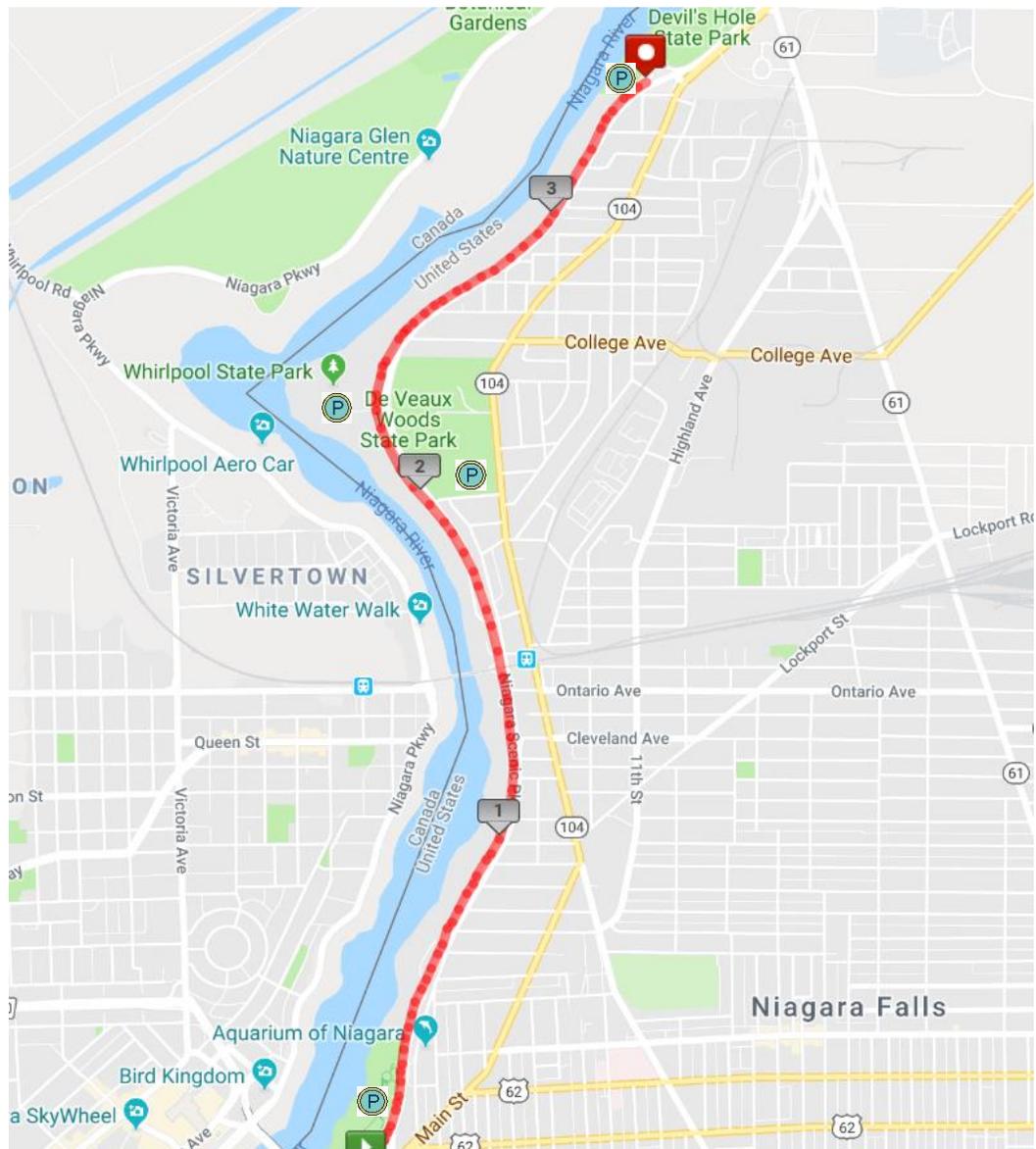
Address: Main St. & Rainbow Blvd. to Devil's Hole State Park

Length of Trail: 3.5 miles

Parking : Parking and restrooms are available at the Niagara Gorge Discovery Center (200 Robert Moses Parkway N., Niagara Falls), in De Veaux Woods State Park (3180 De Veaux Woods Drive, Niagara Falls), and at Devil's Hole State Park (off Robert Moses Parkway).

The Niagara Scenic Parkway Trail, formerly known as the Robert Moses Recreational Trail, spans nearly 4 miles beginning at Main Street in Niagara Falls. From there, it heads north past the Niagara Gorge Discovery Center and winds along the Niagara River through a series of state parks.

In De Veaux Woods State Park, trail goers will find several historical buildings, an old-growth forest, and many recreational amenities, including athletic fields, a playground, picnic tables, and grills. Farther along, the trail continues through Devil's Hole State Park, which offers scenic overlooks, picnic areas, fishing spots, and hiking trails.



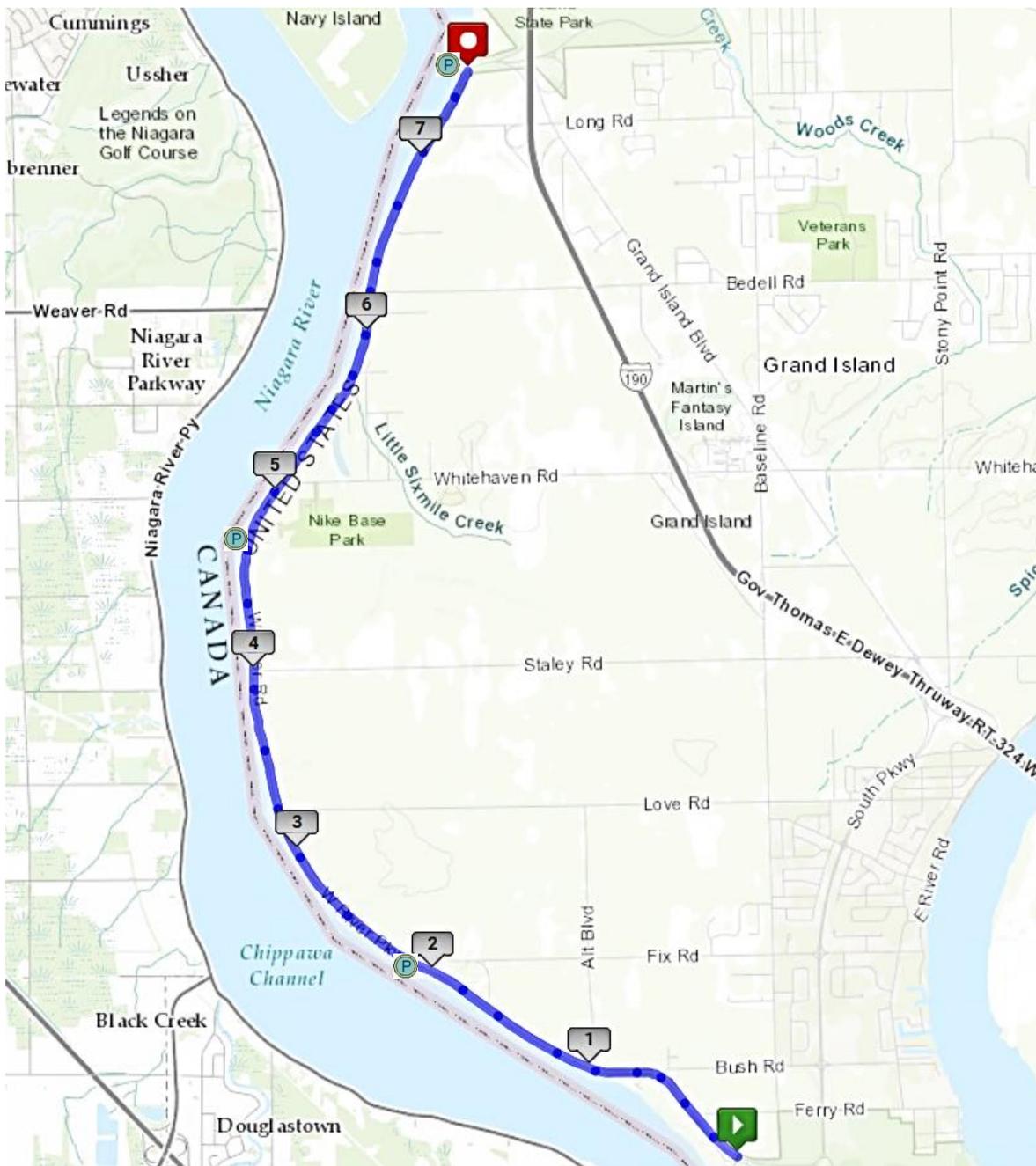
Grand Island West River Greenway Trail

Address: West River Parkway, Grand Island

Length of Trail: 8 miles

Parking (P): Parking is available along the trail at the Eagle Overlook at one end of Buckhorn State Park. Parking is also available at the Whitehaven Overlook, between Whitehaven Rd. and Staley Rd.

Newly opened bike path as of 2019. A smoothed paved trail wide enough to accommodate designated bike and pedestrian lanes. The path has beautiful views of the Niagara River and connects two state parks, Buckhorn and Beaver Island.



Clarence Pathways

Website: <https://www.traillink.com/trail/clarence-pathways/>

Address: NY 78/Transit Road (Clarence) and Cedar St. between Railroad St. and Eckerson Ave. (Akron)

Length of Trail: 17.9 miles

Parking : Parking Lot at the West Shore Trailhead at Barton Rd. and Wehrle. Parking is also available at the Main Town Park and Parks Dept., off Cummings Dr. Meadowlakes Park off Clarence Center Rd. has a parking lot that is connected to the Peanut Line Trail. The Clarence Soccer Club at Memorial Park near Kraus Rd. has parking lots.

Four trails make up the Clarence Pathways trail system: the West Shore Trail, Newstead Bike Path, Clarence Bike Trail, and Peanut Line Trail. The trails radiate around the Buffalo suburbs of Clarence, Akron and Amherst.

The West Shore Trail in Clarence follows the West Shore & Buffalo Railroad corridor. The paved West Shore Trail travels the rural outskirts of Clarence and connects a number of the town's parks with residential areas and the downtown. Traveling east the trail is bookended by rural farms and fields. In Clarence Town Park the trail shares a low-volume local road for 0.8 mile that provides access to the park and the park maintenance facility.

As the trail passes through downtown Clarence, bike route signs keep you on track. Look for bike lanes on the sidewalk and brick pavers at street crossings. The West Shore Trail returns to a rural setting until reaching Davidson Road. Here the trail becomes the Newstead Bike Path, though there is little noticeable difference between the two.

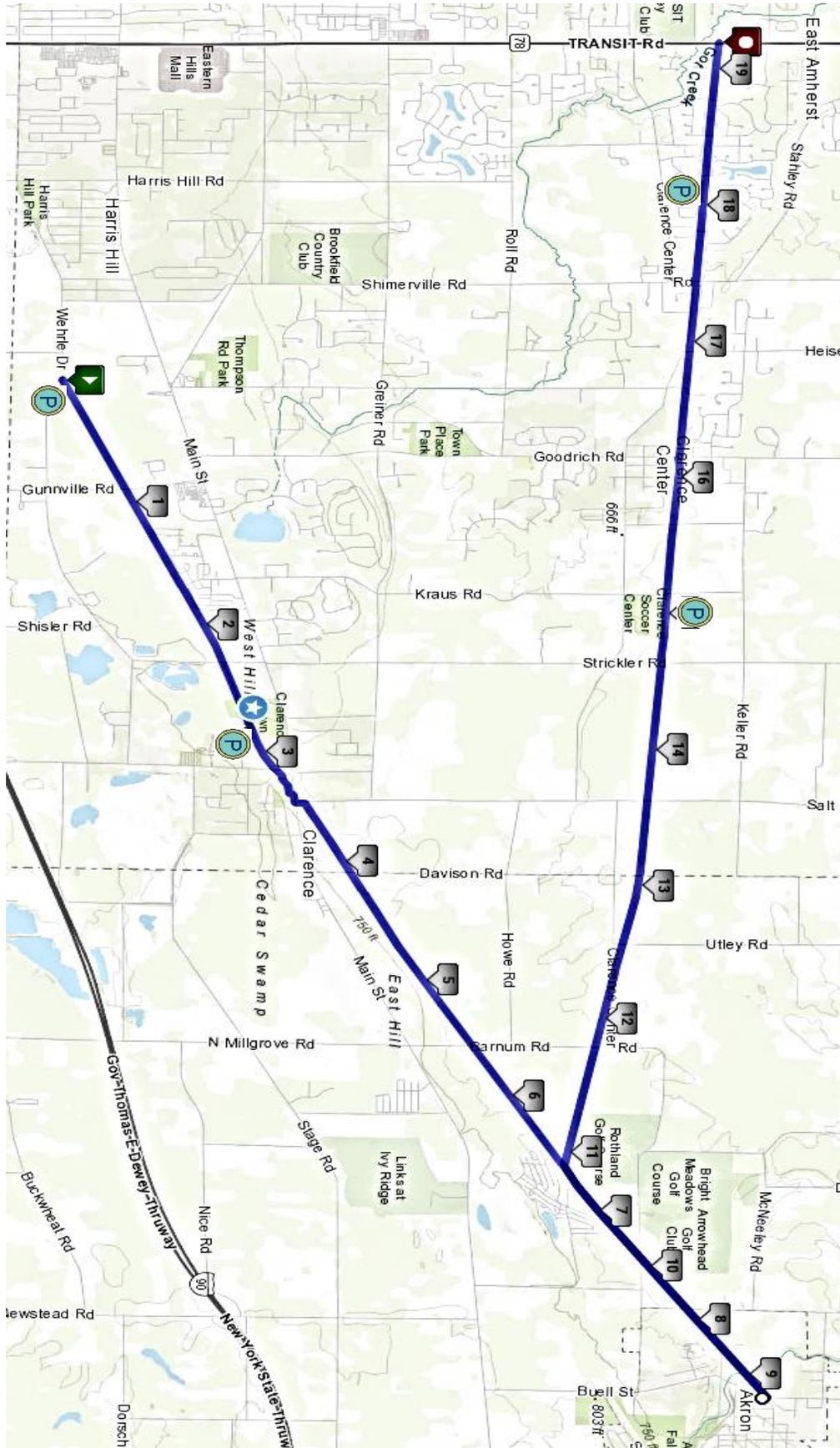
After 2.5 miles of passing through farmland and woodlots on the Newstead Bike Path, you reach Akron Junction and the connection to the Peanut Line Trail. The Newstead Bike Path continues north and east for another 2 miles through country landscape and near residential developments to the town of Akron.

If you choose to branch off on the Peanut Line Trail you will follow a rail-trail that stretches west toward East Amherst. The trail is named for the New York Central Railroad corridor it travels, dubbed the "Peanut Line" for its short length. The first 2.3 miles of the trail, in Newstead, are primarily rural farmland.

When you reach the Newstead-Clarence town line, the Peanut Line Trail becomes the Clarence Bike Trail, though it is also known as the Peanut Line Trail. The Clarence Bike Trail continues west on the old rail line. The trail ends near Transit Road, but not before whisking you through Clarence, where the surroundings gradually become more suburban and residential. Farm fields give way to front yards and, at about 2.4 miles, the trail connects with a community park. A number of side paths snake toward the trail, linking neighborhoods to the popular path.

In the winter, snowmobiling is allowed on two of these routes: the Peanut Line Trail between Goodrich Road and Salt Road, and on the West Shore Trail between Main Street and Davison Road.

Clarence Pathways



Shoreline Trail

Website: www.traillink.com/trail/shoreline-trail/

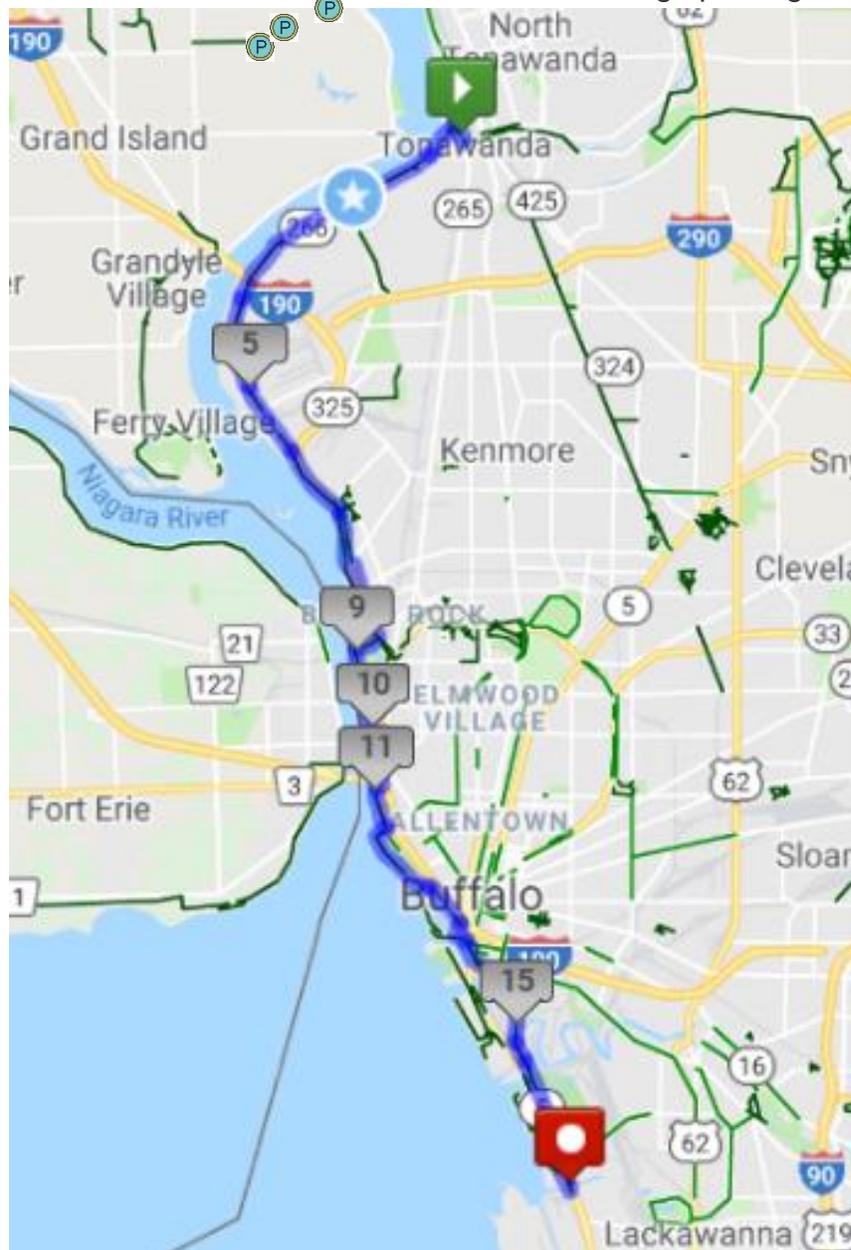
Address: Corner of Seymour and Niagara Streets, Tonawanda and George J. Hartman Play Fields, Buffalo

Length of Trail: 21.7 miles

Parking : A parking lot is located in Niawanda Park (200 Niagara St., Tonawanda). Close to Isle View Park, is another lot. Just south of this lot is another lot with an even larger amount of spaces available. On the western side of Unity Island Park, there is a small round lot with room for about 15 cars. La Salle Park, which is located on Porter Avenue, offers a large parking. The southernmost parking lot is located a couple hundred feet south of where Fuhrmann Boulevard and Outerharbor drive meet, with room for around 25 cars.

The Shoreline Trail is an easy pathway that runs adjacent to Lake Erie, on its southern half and then along the Niagara River on its northern half.

The trail is paved throughout its entire length. Numerous trailside parks also provide helpful amenities, such as restrooms, drinking water and picnic areas.



EXERCISING AT HOME: ADAPTIVE EQUIPMENT

Working out at Home is convenient and inexpensive! You might just need some simple equipment to help you be more effective with each movement.

There are several pieces of adaptive equipment that can help you perform your exercise program with greater ease. The following local organizations supply some adaptive equipment:

Independent Living Aids, Inc.

www.independentliving.com

137 Rano Street
Buffalo, NY 14207
(716) 332-2970

Center for Assistive Technology

<http://sphhp.buffalo.edu/cat.html>

315 Alberta Drive – Suite 102
Amherst, NY 14226
(716) 836-1168

LS&S - Learning Sight & Sound

<https://www.lssproducts.com/>

145 River Rock Dr.
Buffalo, NY 14207
(716) 348-3500



For more information on how to order adaptive equipment, visit: www.nchpad.org.

Grasping Cuff or Activity Mitts

Grasping cuffs can be used when grip strength or hand function is limited. Grasping cuffs are very helpful and effective for hands to grip weight machines or dumbbells.



Wrist Cuff

The use of nylon cuffs with a metal ring is a great way to perform resistance exercises by wearing the cuff on the residual limb. The metal ring should be strong enough to attach weighted resistance to. Depending on the length of the residual limb, you may be able to perform many strength exercises by attaching the nylon cuff with a metal ring to either resistance bands or cable resistance. Wrist cuffs can also be used for individuals with limited hand function.



Stabilizing Straps

For those who have difficulty with balance and stability, stabilizing straps and gait belts aid in proper seating and positioning in a wheelchair.



Ankle and Wrist Weights

Ankle weights and wrist weights are weighted cuffs that can be used for various strength training activities. These can be highly effective for persons using wheelchairs in terms of both upper extremity and lower extremity movements. These weighted cuffs can be secured to the body by using an adjustable Velcro strap.

Medicine Ball

A medicine ball is a weighted ball used during strength training. For individuals with limited hand function, a ball with a textured surface, handles, or straps should be used.



Elastic Bands or Tubing

Elastic bands or tubing are effective, low-cost, and portable pieces of equipment that allow exercise comparable to activities done with free weights. They provide varying degrees of resistance according to their color and can be performed virtually anywhere, whether seated or standing. To increase the resistance, you may allow less slack in the band or move it away from your anchor. Anchoring is the process of tying one end of the resistive band to a secure, fixed object.



****Before you begin any exercise routine, check with your doctor that the exercises are suitable for your current physical condition. This is particularly important for those who have any special health concerns. Neither WNY Independent Living nor WNY Healthy Communities Coalition are responsible for any injuries or damaged property incurred while performing the exercises in this guide.****

Things to consider prior to starting an exercise routine

The following are just a small handful of examples of health concerns that require extra examination or measurement of physical state before, during, and/or after participating in exercise.

- Individuals with limb loss due to vascular disorders, such as diabetes or atherosclerosis, should be aware of any activity restrictions instructed by their physician. Due to the fact that exercise can reduce the need for insulin, individuals with diabetes should monitor their glucose frequently and always have a quick-acting carbohydrate fuel to treat hypoglycemia during exercise.
- The maximal heart rate for individuals with tetraplegia (T1 and above) is typically limited to 120 to 130 beats per minute.
- It is important to check for pressure sores before and after every workout. Specifically, check bony areas of the body, such as the elbow, shoulder blade, tailbone, hip, knee, ankle, heel, and the side of the leg pressing against the inside of your wheelchair. Examine these areas for any redness, blisters, openings in skin, or rashes.
- Individuals with surgically placed rods or a spinal fusion should be aware of restrictions to movement and exercises. Consult with your physician to make sure that the exercises in this guide are safe if you have one of these conditions.

Before beginning your exercises, it is important that you first perform a warm-up to prepare the muscles of the body. The warm-up can be any activity that gets you moving, such as light rolling or an aerobic activity such as cycling with an ergometer like this one. Warm up activity should take about 5 minutes.



It is beneficial to exercise most days of the week. The recommended daily activity level for adults is 30 minutes a day and for 5 days a week. Start slowly if you are a beginner or if you have not exercised in a long time. If any of the exercises you perform result in pain or discomfort, stop immediately and let your physician know.

After you complete your cardiovascular exercise and strength training routine, you should also perform a 5-10 minute cool-down, including stretching to maintain range of motion and flexibility. The cool-down is very important to return your body to its resting state and is a great time to perform flexibility (stretching) exercises.

While stretching, find the point where you feel a slight pull and hold. Do not bounce or try to stretch to a point at which pain is felt. You should breathe regularly. Hold each stretch for 10-30 seconds and repeat. The following section demonstrates some example stretches to do after your exercise session or just on their own to maintain your flexibility.

EXERCISING AT HOME: Stretches for Flexibility or Cool Down

Neck Rotation



Take a deep breath in, and exhale while turning the head to one side, looking over that shoulder. Hold. Repeat on the opposite side.

Neck Lateral Flexion



Take a deep breath in. Exhale as the neck bends to one side and the ear goes down towards the shoulder. Hold. Repeat on the opposite side.

Neck Forward Flexion



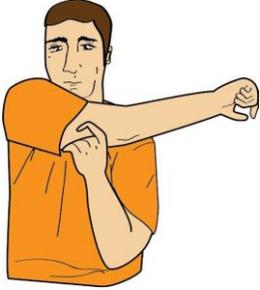
Take a deep breath in. Exhale as you slowly lower the chin to the chest. Hold.

Shoulder Rolls with Depression



Take a deep breath in, and roll the shoulders up towards the ears. Exhale and roll the shoulders back while depressing. Hold.

Posterior Deltoid Stretch



Take a deep breath in, and extend one arm out in front of you. Exhale as you hook the arm slightly above the elbow with the opposite hand, bringing it across and in towards the chest.

Trunk Rotation



Place the hand on the opposite thigh. Take a deep breath in and exhale while twisting the torso, looking over the shoulder. Hold, and repeat on the opposite side.

Lateral Trunk Flexion



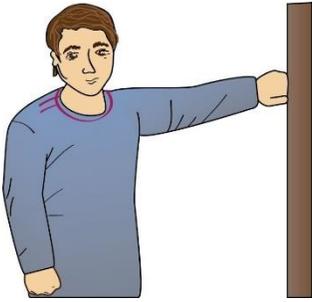
With the arms at your side, take a deep breath in, and exhale as the trunk bends to the left and the right arm extends overhead. Hold, and repeat on the opposite side.

Rhomboid Stretch



Extend the arms out in front, crossing them over so the palms are touching. Inhale and raise the arms up to shoulder height. Exhale and push the shoulders forward. Hold.

Biceps Stretch in Doorway



Extend the left arm out to the side. Place the left fist in the doorway with the palm down. Take a deep breath in, and exhale while turning the head to the right, looking over the right shoulder. Switch sides and repeat.

Seated Chest Stretch in Doorway



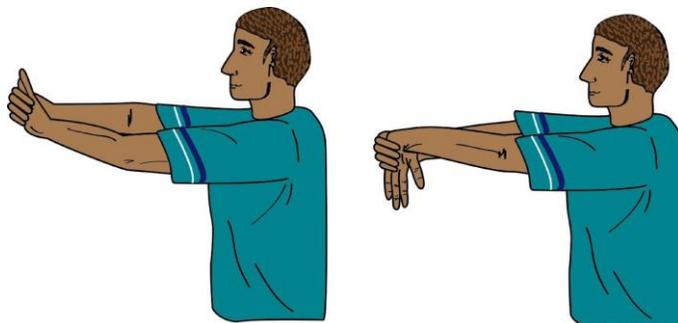
Place an arm bent at 90 degrees in doorway. Take a deep breath in, exhale while turning the head to the opposite side, looking over that shoulder. Repeat with other arm, looking over the opposite shoulder.

Chest Stretch (hands clasped behind back)



Clasp hands behind your back. Take a deep breath in. Exhale and roll your shoulders back as you stick out your chest and hold (10 seconds). Unclasp hands and relax.

Wrist Flexion and Extension Stretch



Extension – Extend an arm out in front; take a deep breath in, point fingers up, grasp upper palm and lower portion of finger with opposite hand, exhale, pulling palm and fingers towards you. Repeat with other arm.

Flexion – Extend an arm out in front; take a deep breath in, point fingers down, grasp upper palm and lower portion of finger with opposite hand. Exhale, pulling palm and fingers towards you. Repeat with other arm.

Shoulder Shrug



Take a deep breath in, lift and hold your shoulders up to your ears and hold (10 seconds). Exhale and allow your shoulders and arms to drop down by your side reaching toward the floor and hold that stretch (10 seconds).

Hamstring Stretch



Lift one leg up and place it out in front of you on a chair, mat, or bench. Take a deep breath in. Exhale as you reach your arms forward as far as possible toward your foot. Hold your foot and gently pull the ball of your foot toward you, flexing your ankle toward you and hold (20 seconds). Repeat with the other leg.

EXERCISING AT HOME: STRENGTH TRAINING

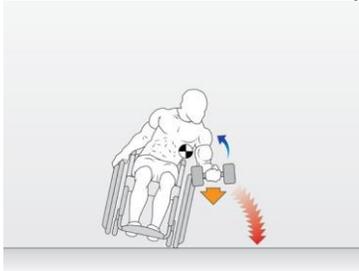
Before you begin any home strength training exercises, keep these tips in mind:

1. You should feel comfortable with body positioning, moving through a comfortable range of motion, lifting the weight in a slow and controlled manner, lowering the weight in a slow and controlled manner, and breathing – exhale with exertion, do not hold your breath.
2. For all exercises, take a deep breath and exhale during the lifting portion of the exercise and inhale as you return the weight to the starting position. Exercise in front of a mirror and use your own muscles to balance and sit as upright as possible.
3. Start with a weight that you can lift for 12-15 repetitions. If you are able to perform more than 20 repetitions, the weight or resistance can be increased. If you are unable to reach 12 repetitions comfortably, the weight or resistance may be too heavy.
4. If you have problems with balance or trunk instability, do not lift free weights over your head without a spotter or trainer.
5. If you use a wheelchair, always use good stability techniques.

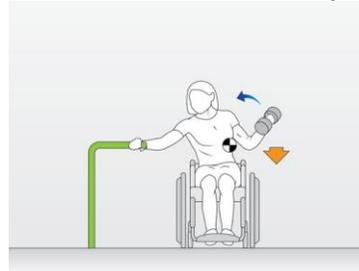
Lateral Stability

- **Leaning** – Stability may be increased by leaning toward the side of the wheelchair opposite the tipping direction.
- **Holding** - If possible, you can hold onto the wheelchair frame or wheel on the opposite side for stability. It may also be possible to hold onto a handrail or another piece of stationary fitness equipment.
- **Use of a spotter** – While lying back on a bench or raised mat area, the assistance of a spotter will help to prevent lateral tipping.
- **Use of a strap** – While lying back on a bench or raised mat area, a strap around the legs above the knees may be used to keep the legs positioned correctly.

Incorrect Lateral Stability

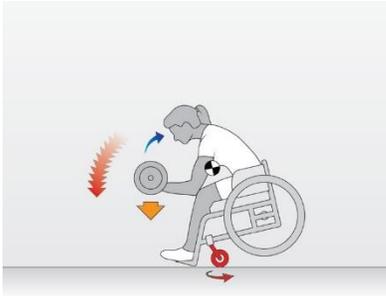


Correct Lateral Stability

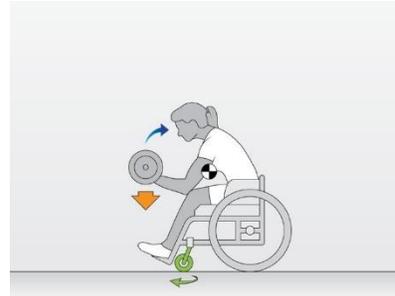


Forward Stability

- **Front wheel caster orientation** – You can increase the stability of your wheelchair in the forward direction by moving your wheelchair backwards to rotate your front casters forward before locking your wheel-locks.



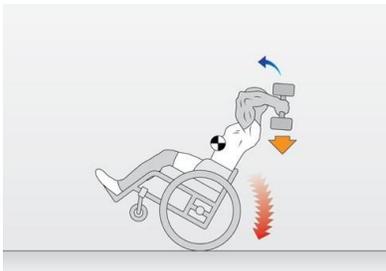
Incorrect front caster position



Correct front caster position

Rearward Stability

- **Rear axle position** – Many manual wheelchairs have adjustable axle positioning to move the rear wheels forward and backward. Be aware that if your wheelchair has the rear wheels positioned forward, making the wheelchair tippy, you may need to be very careful about tipping to the rear when exercising while seated in your wheelchair.
- **Use of a spotter** – Multiple exercises may cause rearward tipping, such as pushing weights forward or upward, or lifting weights above and behind the head. Having a trainer hold down the front of your wheelchair near the front casters or leg supports will prevent your wheelchair from tipping over to the rear while exercising.
- **Use of weight on the foot support** – A dumbbell can be placed on the foot support of the wheelchair to add extra weight to the front of the chair. This will help to reduce the tendency to tip to the rear while exercising in your wheelchair.
- **Use of a restraint** – A large plate that sits underneath all wheels of the wheelchair with two ratchet straps at the front can be used to hold down the front of the wheelchair during exercise. The wheelchair user can back onto the plate and the two straps are then hooked onto the frame of the wheelchair near the front casters to hold down the front of the wheelchair during exercise.



Incorrect Rearward Stability



Correct Rearward Stability



WARNING: If there is a crepitation or any popping inside the shoulder on any exercise, you should change the movement pattern so that this does not occur. If you do not have good shoulder stability, do not perform any exercises that cause your elbow to move above the height of your shoulder.

Shoulder Abduction

Caution: Lateral Instability

Muscles: Medial Deltoid, Supraspinatus

Note: Wrist weights can be used for individuals with limited grip strength.



Grasp a dumbbell. Place the hand you are not lifting with on the chair, wheel, or another stationary object for stability. Sit up nice and tall with the arm extended down at your side, palm facing in. Keeping the upper body stationary, take a deep breath in and exhale as you extend the arm out to the side, slightly in front of the body, and raise to shoulder level. Keep a slight bend in the elbow, the hand in line with the arm. Do not use jerking or swinging motions. Inhale as you reverse the direction and allow the arm to slowly go back down to the starting position. Repeat with the opposite arm. This exercise can also be performed with the elbows bent 90 degrees. Performing this exercise with the thumb pointed down will engage the supraspinatus muscle which is part of the rotator cuff that provides the shoulder with stability.



Medial deltoid shoulder abduction: Can be performed with two dumbbells at the same time. Hold the dumbbells at your side with your elbows bent 90 degrees. Raise your elbows slowly until they are even with your shoulders. Then lower your elbows back down to your side slowly.

External rotation shoulder abduction: Start with your arm hanging down by your side. Lift your arm up to shoulder level keeping in line with the side of your leg with your thumb pointing up.

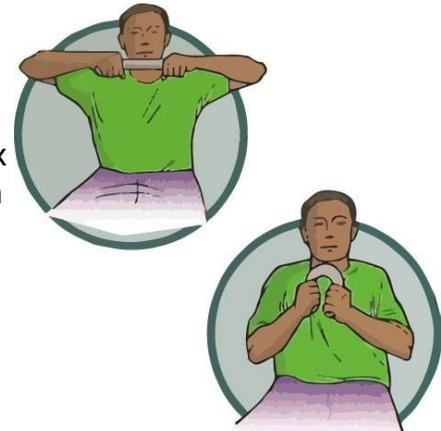


Supraspinatus shoulder abduction: Start with your arm hanging down by your side. Starting with a much lighter weight, lift up your arm to shoulder level keeping in line with the side of your leg with your thumb pointing down. This strengthens an important rotator cuff muscle that will help stabilize your shoulder.

Shoulder Adduction

Muscles: Pectoralis Major

Grip the ends of the Flex Bar with both hands. Hold the Flex Bar chest high, elbows out to the sides. Take a deep breath in, exhale and bend the Flex Bar down moving the elbows toward the body. Inhale as you raise elbows back up to the starting position.



Upright Row

Muscles: Deltoids, Trapezius, Biceps Brachii



Start with your arms down at either side in front of you, palms facing back. Use a strap to support your upper body if needed. Exhale and bend your elbows to bring your hands up to your armpits. Keep your hands close to the body through the motion. Inhale and slowly lower to the starting position.

Note: Individuals with a complete injury at or above the C6 level MAY not be able to perform this movement.

Bicep Curl

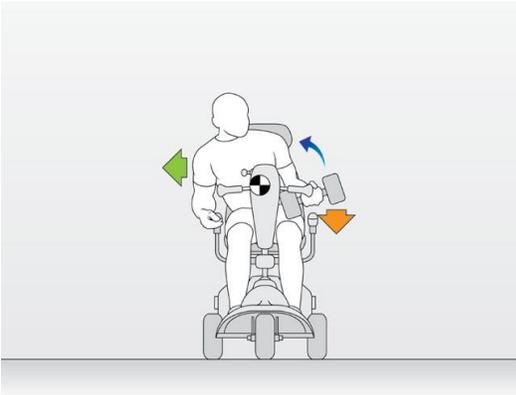
Caution: Lateral or Forward Instability



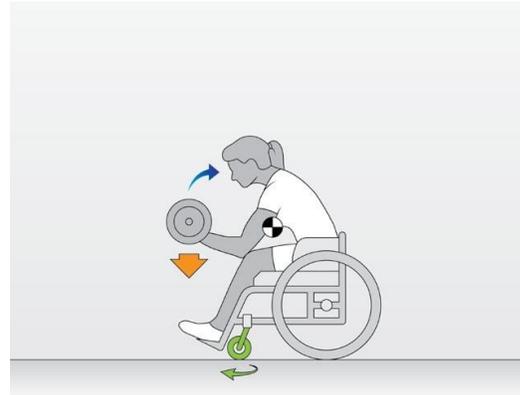
Muscles: Biceps Brachii, Brachioradialis, Brachialis

Start with one arm extended at your side, palm facing up, grasping the dumbbell. If needed, remove the side guard or arm support of your wheelchair or transfer onto a bench in order to perform the movement with a full range of motion. Keeping the upper arm and upper body stationary, take a deep breath in. Exhale and flex the elbow, raising the forearm towards the shoulder. Do not jerk or swing the dumbbell upward. Inhale as you reverse the direction, slowly extending the weight back to the starting position.

Lean toward the opposite side of your wheelchair to increase your lateral stability as well. If possible, you can hold onto the wheelchair frame or wheel on the opposite side for stability. It may also be possible to hold onto a handrail or another piece of fitness equipment to assist with your lateral stability. Repeat with the opposite arm.



Correct Lateral Stability



Correct Forward Stability

Bicep Curl

Muscles: Triceps Brachii



Place the hand you are not lifting with on the chair, wheel, or another stationary object for stability and to allow you to slightly lean forward. With one hand grasping the hand grip of the free weight or cable resistance, move the elbow behind the midline of the body, keeping the arm at 90 degrees. Take a deep breath in. Exhale and flex the elbow and inhale as you return the forearm to the starting position. Repeat with the opposite arm.

External Rotation Row and Bent Over Row

Caution: Lateral or Forward Instability

Muscles: Trapezius, Posterior Deltoid

For wheelchair users, the most effective row can be performed on a weight bench or by leaning forward on your thighs if you have the core strength.

External Rotation Row



With the elbow raised even with the shoulder as shown on the right, raise the hand forward until the hand is level with the shoulder.

Bent Over Row



Starting with the arms extended fully down toward the floor, pull your elbows up and back pinching your shoulder blades together as shown on the right. If you have the core strength, you can also lean forward with your chest on your lower legs to perform this exercise.

Reclined Pectoral Fly

Caution: Lateral Instability

Muscles: Pectoralis Major



Transfer to a bench or raised mat area. Lie on your back, keeping the spine neutral and your head remaining on the surface. A strap around the legs above the knees may be used to keep the legs positioned correctly when lying back on the surface. You may need an assistant to hand you the dumbbells after you are positioned correctly. With weights in your hands and arms extended out to the sides,

exhale and bring both arms together over your chest. Keep a consistent slight bend in the elbow throughout the motion and do not jerk or swing the weight up. If you cannot maintain your arms in the same extended, slightly bent position throughout the movement, a lower weight should be used. Inhale as you slowly allow your arms to return to the starting position. A strap around the legs, below or above the knees, may be used.

Lying Abdominal Crunches

Caution: Lateral Instability

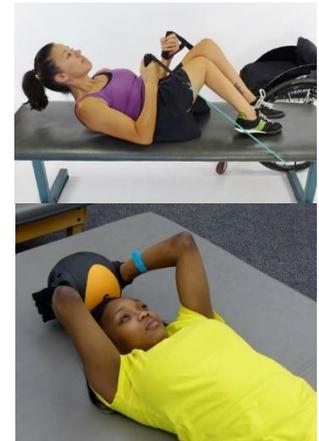
Muscles: Rectus Abdominus, Transverse Abdominus



Position yourself facing up, on a flat or declined bench, or a flat mat. If possible, bend knees while keeping feet flat on the floor. A strap around the legs above the knees may be used to keep the legs positioned correctly when lying back on

the bench. An additional strap can be used to secure the feet to the surface or have a spotter assist by holding the feet down. While lying down with shoulder blades and neck in alignment with the body, exhale and curl up. Allow shoulder blades to come up off the surface and keep your eyes focused on the ceiling directly overhead. Inhale as you slowly return to the starting position, allowing shoulder blades to return to the surface.

Note: For individuals with a spinal cord injury, this exercise can be performed using a counter-weight such as a medicine ball thrown over head or resistance band positioned around a secure object.



Sources:

Discover Accessible Fitness: A Wheelchair User's Guide for Using Fitness Equipment (2014). Retrieved from <https://www.nchpad.org/discoverfitness/files/inc/084021749b.pdf>.

Life on Wheels: A Guide for a Healthy Life with a Spinal Cord Injury (n.d.) Retrieved from <https://www.nchpad.org/fppics/Life%20on%20Wheels%20final%20version%20web.pdf>.

Robinson, L. & Segal, J. (2019). How to Exercise with Limited Mobility. Retrieved from <https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>

U.S. Department of Health and Human Services. (2018). Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services

ADAPTIVE and INCLUSIVE PROGRAMS

Amherst

[Amherst Adult Day Services \(https://www.kaleidahealth.org/services/display.asp?s=81\)](https://www.kaleidahealth.org/services/display.asp?s=81) -

Our services are designed to meet the needs of adults 18 and over, with two locations in Erie and Niagara counties. Clients can attend as many or as few days per week as they would like between Monday and Friday, for as many hours each day as they prefer. Examples of services include exercise for all levels of ability, health monitoring and gardening.

The Ralph C. Wilson Jr. Adult Day Services @ Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228
(716) 689-1403

[Center for Allied and Unified Sport & Exercise \(CAUSE\)](https://daemenwildcats.com/sports/2017/8/22/daemen-college-cause.aspx)

<https://daemenwildcats.com/sports/2017/8/22/daemen-college-cause.aspx> -

The Center for Allied and Unified Sport and Exercise (CAUSE) at Daemen College provides opportunities for people with disabilities to develop physical fitness, demonstrate courage and experience the camaraderie and sportsmanship that comes with athletics participation. The core program of CAUSE are the sport sampling sessions. Individuals sign up for sessions on a weekly basis in order to ensure sessions are filled to capacity. Daemen Athletic teams host sessions each week featuring a rotation of 12 sports throughout the semester.

Daemen's Academic and Wellness Center Gym
4433 Main Street / Amherst, NY 14226
(716) 839-7652

Buffalo

[Excalibur Leisure Skills Center, Inc. \(http://excaliburl.com/\)](http://excaliburl.com/) - Excalibur is a private, non-profit all volunteer, charitable organization dedicated to providing adaptive boating and fishing opportunities for developmentally challenged and disadvantaged persons. Excalibur Leisure Skills Center, Inc.

90 North Drive / Buffalo, NY 14216
Office Phone (716) 831-3188
Jim@ExcaliburLS.Com

[SABAH Fit & Fun for Adults with Disabilities \(https://sabahinc.org/programs-events/special-needs-recreational-fitness-programs/fit-and-fun-for-adults-with-disability/\)](https://sabahinc.org/programs-events/special-needs-recreational-fitness-programs/fit-and-fun-for-adults-with-disability/) - SABAH works with special needs athletes of all ages through a number of

community programs open to students throughout the Buffalo-Niagara area and Western New York. SABAH's newest and fastest growing program, Fit and Fun provides a physical education program for adults challenged by disability. In order to provide these special needs adults with the tools for a healthy lifestyle, SABAH introduces Fit and Fun participants to activities such as volleyball, disc golf, t-ball, football, floor hockey, and other "family-style"

backyard games during the summer months, as well as an ice skating program during the winter months.

2607 Niagara Street / Buffalo, NY 14207
(716) 362-9600

[Western New York Special Hockey Association, Inc.](http://www.wnyspecialhockey.com/index.html)

<http://www.wnyspecialhockey.com/index.html> - The Buffalo Sabres Thunder is an Ice Hockey team for individuals with special needs. They are starting their 12th season as registered members of USA Hockey and American Special Hockey Association (ASHA). Currently other teams with special needs are located in Rochester, Albany, Binghamton, Long Island, and New York City. They also play in Pennsylvania, Ohio, New Jersey, and Canada. This is a Co-Ed team with players from ages 8 to 45+ years old. All that is necessary is a desire to play and the ability to skate independently at a basic level. Full hockey equipment is required.

Ice Location: Lafayette Rink or North Buffalo Rink

156 Tacoma Avenue / Buffalo, NY 14216
716-873-8481

For Questions about the program: 716-691-4530
bsthockey2008@gmail.com

[Josh & Friends](http://willusowit.com/events/josh-friends) (<http://willusowit.com/events/josh-friends>) – The program provides a social, structured exercise program to people with developmental disabilities. They provide circuit training exercise programs to music, for ambulatory teen / adults with **development / intellectual disabilities** that are designed to be fun, and effective, in a supportive environment.

SowFit Buffalo Health & Fitness
1292 Sheridan Dr. / Buffalo NY 14217.
716-490-0506

contact@willusowit.com

Depew

[Danceability](http://danceabilityinc.org/) (<http://danceabilityinc.org/>) - *Danceability* offers a 9 month dance & movement program from September through May. Dancers attend group classes once a week and are exposed to a variety of dance styles such as tap, jazz, ballet, modern & creative movement. For those dancers who need it, private instruction is offered at the director's discretion. At the conclusion of the season, dancers are given the opportunity to dance in a large scale Annual Performance.

2365 George Urban Blvd. / Depew, NY 14043

[716-651-0094](tel:716-651-0094)

danceabilitywny@gmail.com

East Aurora

[Aurora Adult Day Services \(https://auroraadultdayservices.org/\)](https://auroraadultdayservices.org/) – Caters to families and caregivers of loved ones with a cognitive and/or physical limitation. They offer a variety of social and physical activities for clients with impaired memory vision, hearing and mobility. Regular physical activities include, daily stretching, range of motion exercises, light resistance exercises, dancing, and games such as balloon volleyball.

101 King Street, Suite B / East Aurora, NY 14052

Phone: 716.652.4269

info@auroraadultdayservices.org

[Lothlorien Therapeutic Riding Center, Inc. \(http://www.lothlorientrc.org/\)](http://www.lothlorientrc.org/) - The goal of the program is to provide a safe and enjoyable environment for individuals to experience the benefits of horseback riding and horsemanship skills. The facilities at LTRC are designed to accommodate riders with disabilities. Through the use of special mounting ramps, a wide variety of adaptive equipment and the cooperation of our trusted, loyal and specially-trained horses, LTRC has been able to meet the needs of the population they serve while maintaining strict safety guidelines. Programs at LTRC are conducted by trained instructors and over 200 trained volunteers dedicated to providing the highest quality programs for individuals.

Lothlorien Therapeutic Riding Center

15 Reiter Road / East Aurora, NY 14052

Phone: 716-655-1335

Ellicottville

[Bill Lounsbury Adaptive Ski Program – Disabled Sports USA](https://www.holidayvalley.com/winter/lessons/lounsbury-adaptive/)

[\(https://www.holidayvalley.com/winter/lessons/lounsbury-adaptive/\)](https://www.holidayvalley.com/winter/lessons/lounsbury-adaptive/) - The Lounsbury Adaptive Program offers lessons to persons with virtually all disabilities, both physical and cognitive. Each student is instructed individually with full emphasis on his/her ability, rather than the disability. Some of the more frequently encountered disabilities are spinal cord injuries, Downs Syndrome, spina bifida, cerebral palsy, multiple sclerosis, traumatic brain injury, visual impairment, autism and developmental delay. Results vary, however most are rather outstanding and many students gain new confidence to tackle other activities. The program runs from Dec. 26 through mid-March.

Lounsbury Adaptive Ski Program

Holiday Valley Resort

P.O. Box 370 / Ellicottville, NY 14731

laspski@hotmail.com

Grand Island

[Great Lakes Water Sport Institute \(https://greatlakeswatersportinstitute.org/\)](https://greatlakeswatersportinstitute.org/) -

The Center for Community Water Sports is a community based not-for-profit organization that seeks to make the region's waterfront and all its on-the-water activities available to the general

public with special emphasis to include the youth, the disadvantaged, and the physically and mentally challenged.

Tom Nowak
3621 Stony Point Rd. / Grand Island, NY 14072
716- 553-7670
nowakrad@aol.com

[WNY Adaptive Water Sports \(http://wnyadaptivewatersports.org/wp/\)](http://wnyadaptivewatersports.org/wp/) - Adaptive Water Skiing, Tubing, SCUBA and paddling. They offer the “Try SCUBA Program” at no cost to allow individuals with disabilities to try SCUBA diving in a controlled environment. Those typically qualifying for this program can include people who have amputations, MS, MD, diabetes, sight loss, deafness, transverse myelitis, etc. All that’s needed is a medical release from your doctor and a personal waiver. The waterskiing program requires the participant to be fairly independent and have reasonable reaction speeds. The tube is much simpler. There is the option to have another person on the tube, if need be. Both options include help from volunteers in transferring, equipment setup and instruction. They also have many adaptive kayaks to serve all disabilities.

Mailing Address:

Great Lakes Watersports Institute Inc.
3621 Stony Point Rd. / Grand Island, NY 14072
(716) 364-8219

Activities held at Erie Canal Harbor, Central Wharf, Gallagher Beach

[Miracle League of Grand Island & WNY \(http://www.miracleleagueny.org/\)](http://www.miracleleagueny.org/) - Provide opportunities for children and young adults with disabilities to play Miracle League baseball, regardless of their abilities.

Field location: Veterans Park, 1717 Bedell Rd / Grand Island, NY 14072

Contact: Miracle League of Grand Island & WNY, P.O. Box 833 / Grand Island, NY 14072
smcmanigle@miracleleagueny.org

Hamburg

[Adaptive Swim Hamburg Town Recreation Department \(https://hamburg-youth-rec-seniors.com/adaptive-programs.html\)](https://hamburg-youth-rec-seniors.com/adaptive-programs.html) – An open recreational swimming program for anyone with a physical, cognitive and/or developmental disability. Swimming is at the Frontier High School pool at 4432 Bayview Rd. in Hamburg. The town of Hamburg lifeguards on hand for general pool supervision.

Hamburg Recreation office
4540 Southwestern Blvd. / Hamburg, NY
(716) 646-5145

[Gliding Stars of WNY \(http://www.glidingstars.org/gliding-stars-of-western-new-york/\)](http://www.glidingstars.org/gliding-stars-of-western-new-york/) – Provides weekly adaptive ice-skating lessons for children and adults with challenges in Niagara, Erie, and surrounding counties. The skating season runs from late September to early April. Skaters, or “Stars” skate weekly at Hyde Park’s Ice Pavilion in Niagara Falls or at the

Nike Base in Hamburg. The program provides them the opportunity to learn, have fun, improve physical fitness, and develop lasting relationships. Gliding Stars supplies skating equipment (including specialized adaptive ice skates and safety gear), volunteer training and direct on-ice volunteer support. In our 41 years of experience in teaching people of all ages with challenges to ice skate, we have developed a proven teaching system in which Stars experience increased physical strength and agility, enhanced self-esteem and social skills from team interaction, goal achievement, and participation in the publicly attended annual ice show.

Gliding Stars of WNY office
1307 Military Road / Buffalo, NY 14217
(716) 608-8345

Lockport

[Challenger Sports - Baseball \(https://wnychallengersports.com/sports/baseball/\)](https://wnychallengersports.com/sports/baseball/) –

Baseball games are open to players of all ages who have a physical or mental condition that limits their participation in other competitive sports programs. Each player gets to bat at every inning and everyone plays the entire game. Players needing assistance are assigned a buddy who works to ensure safety and success. Each player receives a shirt at the first game and is assigned to a team with a coach to guide and mentor their safety and fun at the games. The games are played at Ray Lee Fields @ the Lockport Little League facility on Lincoln Ave. in Lockport.

[Challenger Sports - Bowling \(https://wnychallengersports.com/sports/bowling/\)](https://wnychallengersports.com/sports/bowling/)- A 20 week bowling program for individuals with a physical or mental condition that limits their participation in other competitive sports programs. The program is open to players of all ages. Each player is assigned to an alley and a team and receives a bowling shirt. Everyone bowls two games and enjoy a slice of pizza and glass of pop after games at the beginning of each month.

Allie Brandt Lanes
6510 Lincoln Ave. / Lockport, NY
(716) 433-5976
Brad Angelo Lanes
6280 South Transit Rd. / Lockport, NY
(716) 940-5435

[Challenger Sports - Volleyball \(https://wnychallengersports.com/sports/volleyball/\)](https://wnychallengersports.com/sports/volleyball/)–

The Challenger Sports Volleyball League plays in the Spring in the Salvation Army gym in Lockport. The games are open to players of all ages who have a physical or mental condition that limits their participation in other competitive sports programs. Traditional rules are modified and the focus is always on having fun while learning the game. Games are free of charge.

Salvation Army
50 Cottage St. / Lockport, NY
For information about the program call:

(716) 439-9600
 (716) 204-2880

[Karate Ken \(https://www.karatekens.com/true-abilities\)](https://www.karatekens.com/true-abilities) – A place for children and adults who are interested in martial arts and karate. True Abilities is a program which aims to provide a positive, accessible and adaptive environment for individuals with disabilities to train in the martial arts.

5901 S. Transit Rd. / Lockport, NY 14094
 Contact Dillion Pinkham
 716-727-2465
 dillon@karatekens.com

Medina

[Challenger Sports - Bowling \(https://wnychallengersports.com/sports/bowling/\)](https://wnychallengersports.com/sports/bowling/) - a 20 week bowling program for individuals with a physical or mental condition that limits their participation in other competitive sports programs. The program is open to players of all ages. Each player is assigned to an alley and a team and receives a bowling shirt. Everyone bowls two games and enjoy a slice of pizza and glass of pop after games at the beginning of each month.

Medina Lanes
 11249 Maple-Ridge Rd. / Medina, NY
 (716) 225-0022

Niagara Falls

[Graceful & Gifted \(https://timetodancestudios.com/graceful-gifted/\)](https://timetodancestudios.com/graceful-gifted/) – Graceful & Gifted is a dance program at the Time to Dance studio for individuals with special needs. Dance or Dance Movement is considered a therapy for everyone.

Time to Dance
 2419 Hyde Park Blvd. / Niagara Falls, New York 14305
 (716) 946-7909

[Challenger Sports - Bowling \(https://wnychallengersports.com/sports/bowling/\)](https://wnychallengersports.com/sports/bowling/) – a 20 week bowling program for individuals with a physical or mental condition that limits their participation in other competitive sports programs. The program is open to players of all ages. Each player is assigned to an alley and a team and receives a bowling shirt. Everyone bowls two games and enjoy a slice of pizza and glass of pop after games at the beginning of each month.

Rapids Bowling Center
 9524 Niagara Falls Blvd. / Niagara Falls, NY 14304
 (716) 523-8431
 (716) 694-3127

[Gliding Stars of WNY \(http://www.glidingstars.org/gliding-stars-of-western-new-york/\)](http://www.glidingstars.org/gliding-stars-of-western-new-york/) -

Provides weekly adaptive ice-skating lessons for children and adults with challenges in Niagara, Erie, and surrounding counties. The skating season runs from late September to early April. Skaters, or “Stars” skate weekly at Hyde Park’s Ice Pavilion in Niagara Falls. The program provides them the opportunity to learn, have fun, improve physical fitness, and develop lasting relationships. Gliding Stars supplies skating equipment (including specialized adaptive ice skates and safety gear), volunteer training and direct on-ice volunteer support. In our 41 years of experience in teaching people of all ages with challenges to ice skate, we have developed a proven teaching system in which Stars experience increased physical strength and agility, enhanced self-esteem and social skills from team interaction, goal achievement, and participation in the publicly attended annual ice show.

Hyde Park Ice Pavilion

911 Robbins Rd. / Niagara Falls, NY 14031

(716) 285-0715

Gliding Stars office: (716) 608-8345

North Tonawanda

[North Tonawanda Adult Day Services](https://www.kaleidahealth.org/services/display.asp?s=81)

[\(https://www.kaleidahealth.org/services/display.asp?s=81\)](https://www.kaleidahealth.org/services/display.asp?s=81) – The services are designed to meet the needs of adults 18 and over, with two locations in Erie and Niagara counties. Clients can attend as many or as few days per week as they would like between Monday and Friday, for as many hours each day as they prefer. Examples of services include exercise for all levels of ability, health monitoring and gardening.

The Ralph C. Wilson Jr. Adult Day Services @ North Tonawanda

Suite 100

3780 Commerce Court / North Tonawanda, NY 14120

(716) 243-7888

Sardinia

[High Hurdles Therapeutic Riding Program of Suburban Adult Services, Inc. \(SASi\)](https://www.sasinc.org/High-Hurdles) –

[\(https://www.sasinc.org/High-Hurdles\)](https://www.sasinc.org/High-Hurdles) High Hurdles offers cognitively, emotionally and physically challenged individuals a unique opportunity for growth and development. The program currently serves hundreds of riders, from age three to eighty-three years of age. Our arena contains the state-of-the-art SureHands lift, which allows riders who use wheelchairs to have a more dignified transfer to horseback, giving those who may not otherwise have the chance to ride the opportunity to do so. Eight-week sessions are available from March through November and run 1 hour per week.

13339 Route 39 / Sardinia, NY 14134.

(800) 496-0296

ebrauen@sasinc.org

West Seneca

[Moving Miracles Dance Studio \(https://www.movingmiracles.org/\)](https://www.movingmiracles.org/) – Serves children, adolescents and adults of all abilities. Through their full-time, Day habilitation, and Community Outreach programs, Moving Miracles offers classes in tap, jazz, ballet, contemporary, hip-hop, and creative movement. We also provide an innovative non-ambulatory program for dancers who utilize wheelchairs.

Moving Miracles (Division of SASi)
954 Union Rd, Suite 1 / West Seneca, NY 14224
(716) 656 - 1321

[Sasi Personal Training Program \(https://www.sasinc.org/Personal-Training\)](https://www.sasinc.org/Personal-Training) - The fitness program provides individuals with disabilities personalized attention with a fitness trainer in a small group setting, where they will be coached to make and achieve goals while also actively monitoring progress. Participants in sasi's fitness program will receive instruction of proper technique, form and use of state-of-the-art equipment including a Recumbent Stepper with roll-up wheelchair access and York Free Standing Selectorized Cable Crossover to provide a curriculum focusing on resistance, endurance and cardio training.

Moving Miracles Studio
954 Union Rd, Suite 1 / West Seneca, NY 14224
(716) 656-1321
info@movingmiracles.org.

Williamsville

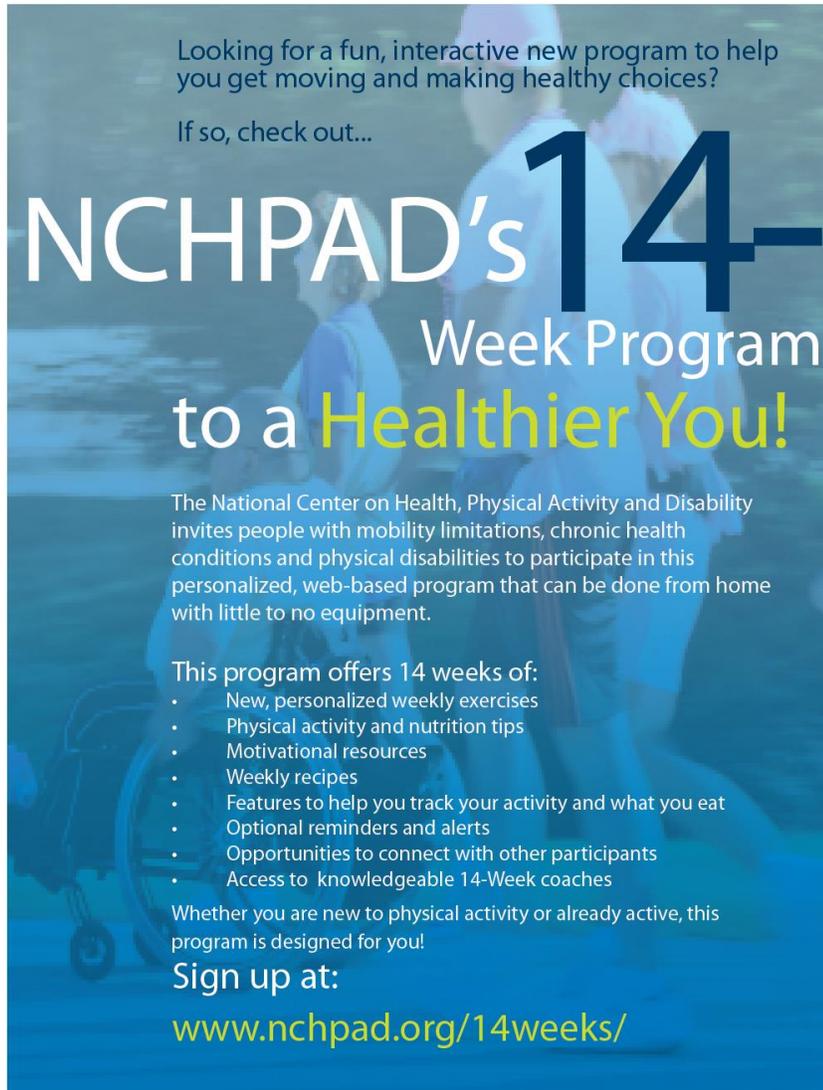
[Special Olympics New York-Western Region \(https://www.specialolympics-ny.org/regions/western/\)](https://www.specialolympics-ny.org/regions/western/) – Special Olympics New York offers inclusive sports for all ages and ability levels. When you choose to take your place among Special Olympics New York athletes, you're joining a group of strong, ambitious competitors. Whether you take home medals or make lifelong friends—or both—you can look forward to building confidence and independence.

2821 Wehrle Drive, Suite 7 / Williamsville, NY 14221
(716) 580-3346

OTHER RESOURCES: ONLINE VIDEOS, BOOKS, APPS & MORE

Online Interactive Health Program:

[NCHPAD's 14 – Week Program \(https://www.nchpad.org/14weeks/\)](https://www.nchpad.org/14weeks/) A *free*, personalized, web-based physical activity and nutrition program for people with mobility limitations, chronic health conditions and physical disabilities. The goal is to help you get moving and make healthy nutrition choices.



Looking for a fun, interactive new program to help you get moving and making healthy choices?

If so, check out...

NCHPAD's 14-Week Program to a Healthier You!

The National Center on Health, Physical Activity and Disability invites people with mobility limitations, chronic health conditions and physical disabilities to participate in this personalized, web-based program that can be done from home with little to no equipment.

This program offers 14 weeks of:

- New, personalized weekly exercises
- Physical activity and nutrition tips
- Motivational resources
- Weekly recipes
- Features to help you track your activity and what you eat
- Optional reminders and alerts
- Opportunities to connect with other participants
- Access to knowledgeable 14-Week coaches

Whether you are new to physical activity or already active, this program is designed for you!

Sign up at:
www.nchpad.org/14weeks/

The program designs a personal exercise plan for just for you, to best suit your needs. Each week the exercises change to effectively build you strength and endurance. Also included are nutrition tips, recipes, tracking ability with reminders, and access to coaches.



[Activity Planner \(https://health.gov/MoveYourWay/Activity-Planner/\)](https://health.gov/MoveYourWay/Activity-Planner/): Ready to get more active this week? Make a plan to stay on track. Set your own weekly goals, choose the activities you want to do, and get personalized tips to help you stay motivated. When you're done, print your plan or share it with friends and family.

Apps:

[Wheelchair Calorimeter](#) –

(<https://apps.apple.com/us/app/wheelchair-calorimeter/id978183407>)



This app uses the GPS location services on your iPhone to help you determine how many Calories you burn while exercising in a manual wheelchair. It is designed for outdoor exercise.



[Map my Walk](https://www.mapmywalk.com/app) (<https://www.mapmywalk.com/app>)



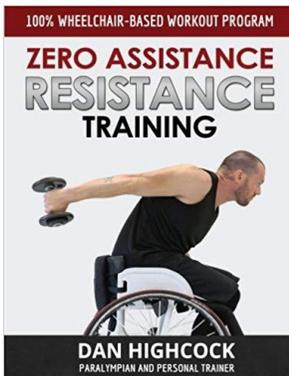
MapMyWalk uses GPS technology to provide walkers the ability to map, record and share workouts. Set goals and track your progress with detailed performance charts and online training tools. Find popular walking trails near you with a searchable database of over 70 million local routes. Users can also Import workouts from 400+ compatible devices, including Garmin, Polar, Jawbone and Fitbit.

[Sworkit](https://sworkit.com/) (<https://sworkit.com/>)



Creates circuit training workouts that don't require any equipment. Just choose your workout type (strength training, cardio, yoga, stretching or custom) and duration (5 to 60 minutes) and Sworkit guides you through the exercises with proper timing, rests, and transitions. You can even create personalized workouts to meet your needs.

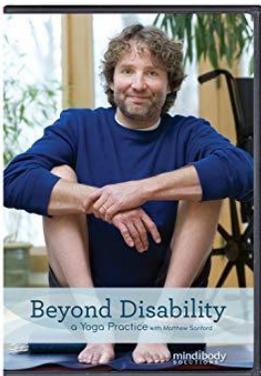
Books, DVDs, and Online Videos:



Book: [Zero Assistance Resistance Training: 100% wheelchair-based workout program](#)

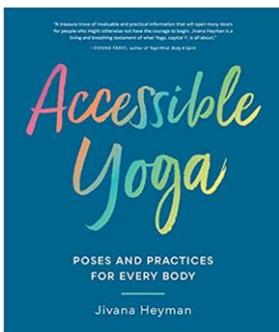
This 12-week fitness program works your whole upper body and cardiovascular system using dumbbells, plates, adjustable cable racks and resistance bands – in your chair, independently. The ZART program

- boosts your independence and fitness
- raises your metabolism to promote fat loss
- improves your cardiovascular health
- increases your hand speed (ideal for wheelchair sports)
- boosts your body's ability to adapt and repair itself plus avoid injury
- offers nutrition and supplement advice.



DVD: [Beyond Disability: A Yoga Practice with Matthew Sanford](#)

Made possible in part by the Christopher and Dana Reeve Foundation, this 50-minute DVD allows persons of all abilities to achieve the proven benefits of yoga at home, while seated. Author and recognized health innovator Matthew Sanford takes you through a complete adaptive yoga class. Matthew guides you through each section in an easy to follow manner while students with spinal cord injuries demonstrate.



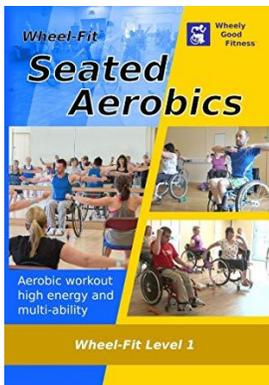
Book: [Accessible Yoga: Poses and Practices for Every Body](#)

Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all--conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. *Accessible Yoga* offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type. Heyman has spent over twenty years sharing yoga with people of all abilities and backgrounds, and in this book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.



DVD: [Chair Aerobics for Everyone: Wheelchair Workout](#)

Wheelchair Workout, from the Chair Aerobics For Everyone series is a fun, easy, motivational workout for all ages. This video is designed for people in wheelchairs that would like to incorporate exercise into their daily routine. You will learn to combine basic stretching with an upper body toning work out to increase strength, flexibility, and muscle-tone. Doing these exercises regularly will help increase mobility and self-esteem while helping to control weight and aiding in digestion. Stretching and toning with wheelchair exercises will also help alleviate the shoulder; neck and back strain that wheelchair user's often experience.



DVD: [Wheel-Fit Level 1 - NTSC - High energy seated aerobics](#)

This unique workout presented by renowned disability instructor Kris Saunders-Stowe provides two levels of energetic seated aerobic workout (beginner and progressive), a dumbbell workout and finishes with a flexibility section. Wheel-Fit is designed to be demanding but fun, working on upper body mobility, flexibility, posture, and strength whilst putting the body through a good cardiovascular workout. It is also suitable for able bodied clients who want a different type of workout or who wish to improve their upper body fitness. The moves are fully explained to give you a complete understanding before beginning. You can easily manage the level of intensity of the workout by varying the range of each move performed, allowing you to remain fully in control. As you progress you can increase the range for a harder workout.



YouTube Video: [Disability Gym Workout \(https://youtu.be/S9vQZ79r1CQ\)](https://youtu.be/S9vQZ79r1CQ)

An instruction video to show those with a disability how they can exercise in a regular gym. Rob is a wheelchair user with a spinal cord injury. He shows you which equipment you can use and demonstrates how to perform a variety of exercises using free weights, weight machines, cable and pulley machine and the TRX system. Rob uses Active

Hands gripping aids to help him access some of the equipment as he has hand weakness due to his injury. These gripping aids not only give you access to the equipment but give you a firm, safe grip.



You Tube Video: [20-Minute Resistance Band Workout](https://youtu.be/wGT833ogMTw)
(<https://youtu.be/wGT833ogMTw>)

This is another great workout that you can do at your desk - with only a chair and a resistance band.



You Tube Video: [Get Moving at Home](https://youtu.be/PGhMlr_quNI)
(https://youtu.be/PGhMlr_quNI)

Get moving from wherever you are with this 25-minute seated workout. This video will guide you through several strength and cardio activities to increase your heart rate and help you meet your physical activity goals.



You Tube Video: [Exercising at Home: Strength and Cardio](https://youtu.be/eLCIKvN9Qag)
([Standing Workout](https://youtu.be/eLCIKvN9Qag)) (<https://youtu.be/eLCIKvN9Qag>)

Get moving from wherever you are with this 25 minute standing workout. This video will guide you through several strength and cardio activities to increase your heart rate and help you meet your physical activity goals.

Online Peer Support Networks:

 [YOOCAN](#) The global collaborative community for and by people with disabilities. Sharing experiences and knowledge, so no one feels alone. Get exercise and wellness tips from other people with disabilities. Shop for assistive technology devices.

 [SPINALpedia](#) is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other with the knowledge and triumphs gained from our individual experiences.

 The [WNY Youth Resources](#) website offers a safe space for young people of Erie County to access peer support, share information, and find resources. Western NY Independent Living is proud to offer this space with the support of the Erie County Department of Mental Health.

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