

Stay Fit

Department: Mobility and Fitness

Priority:

Program priority depends on number of students who are functioning at a level to benefit from this opportunity.

Overall purpose of class:

This advanced level class gives students the opportunity to use various types of exercise equipment including stationary bicycle, treadmill, rowing machine, stair climber, power trainer, arm pulleys and leg exercise machine. It advanced students with a good individualized work out to advance their level of fitness, flexibility, toning and endurance.

Number of classes held per week:

Two times a week

Optimum class time:

Afternoon

Instructor requirements:

One PT or assistant to supervise students

Number of students:

Limited by number of available and appropriate stations—6 at present

Student ability range and limitations:

Advanced students who are independently mobile.

Space and Equipment requirements:

Need gym like space with a variety of workout stations including wall weights, treadmills, rowing machines etc.

Student Needs to be met from the perspective of the instructor:

Students who need increased activity opportunities and who can benefit from working independently. This is a good confidence building class and a nice transition for students who are ready to integrate back into a public gym or workout environment.

Typical Student Goals that lead to placement in the class:

Student goals are usually to improve endurance and to have an opportunity to exercise independently in a safe, accepting and comfortable environment.

Stay Fit Instructions

Students should move between stations as a group so that they can be safely monitored. This allows more students to participate in the class with fewer staff members.

1. **BICYCLES:** All students start with 5-10 minutes of bicycle riding for warm-up. Stand by students when getting on and off bicycles as needed. Adjust seat height and handlebars for proper positioning. Encourage students to start riding slowly, build up to a steady speed, and to slowly cool down for the last 1-2 minutes.
2. **STRETCHES:** Next, have all students move as a group to the parallel bars for stretches of the arms, legs and trunk. Students in wheelchairs should do stretches in seated position.
3. **STATIONS:** Students may then go to Stay Fit room for work at separate stations. Try to keep students together in Stay Fit Room , rotating between the stations every few minutes. If some students prefer to use equipment Physical Therapy Room such as bicycles, power trainer, weight machine, treadmill, or mat exercise, divide staff as necessary with one in each room as needed.
5. Record students' time, amount of weight used, and number of repetitions on the record sheets. A new sheet should be started for each semester. Information needs to be recorded when the student makes a change in their amount of time, number of reps, amount of weight used, or adding a new activity.