

Activity: Physical Fitness

Most Requested/ Suggested Equipment	Cost Code	Description
Thera-Tube Exerciser	\$	Offers progressive resistive arm strengthening (Vendor # 1)
Fitness Videos	\$	Exercise aerobic fitness videos. Several videos available for many different disabilities. (Vendors # 2)
Sports Treadmill (Model AFS 303)	\$\$	Treadmill for wheelchair users allowing them to wheel in place for exercise. Safety brake and detachable ramps. (Vendor # 3)
Resistance and Weight Training / Machine Weights	\$\$\$\$	Specifically designed for people who use wheelchairs (attachments for quadriplegics available) (Vendors # 3, # 5)
Saratoga Cycles and Pedel-in-Place	\$\$\$\$	For upper and lower extremity use. Stationary cycle with digital display, (Vendors # 4, # 5)
Active/Passive Trainer	\$\$\$\$	Arm and leg trainer for regaining physical fitness. (Vendor # 5)

Activity Modifications:	
Martial	Teach with hands on instruction and descriptive terminology.
Arts:	Instructors can stand closer to students with behavioral disabilities. Avoid lapses to keep their attention and concentration. Keep groups small.
General:	Select instructors who are open to new teaching styles and ideas.

Contacts & Vendor Resources:	
1	Maddak Inc., 800-443-4926
2	adaptAbility Inc., 800-243-9232
3	Accessible Fitness Systems, 813-725-9180
4	Saratoga Access and Fitness Inc., 970-484-4010
5	Access to Recreation 800-634-4351

Notes:



The illustration shows a woman from the waist up, wearing a tank top and leggings. She is holding a resistance band with both hands, pulling it over her shoulders to perform a shoulder exercise. The background is a simple grey and white pattern.

