

On line and In Person Exercise Program Resources

PT Tips with Patty September 22, 2021

Physical Activities for people with disabilities from University of Manitoba-free PDF

www.umanitoba.ca/rehabsciences/pt/media/Physical-Activity-at-Home-Publicly-available-resources-for-physical-condition%canada.pdf

Please paste the link in your web browser and it will take you to their entire document that has a specific handout for people with MS on page 7 with numerous online links.

Produced in June 2020-Has listing of specific websites from Canada and the United Kingdom that are diagnosis specific and for various age groups.

National Institute on Aging video paylists by Go4Life Wide variety of exercise videos
<https://www.bing.com/videos/search?q=Go4Life+Fitness&FORM=VARSQP>

Yoga for Life through the Cleveland Clinic <https://yogaforlifelasvegas.org/adult-and-senior>

The MS Gym-Trevor Wicken- Daily progressive programs for people with MS of all different levels-from bed bound to active ambulatory. Motivational talks weekly. Specific guided programs approximately 20-45 minutes in length. Free and paid content available. Well qualified exercise specialist. (Patty's favorite)
www.themsgym.com

Seated Exercise with Michele Harrison-The MS Center available on You Tube
youtube.com/watch?v=zWhGBqfdV3o

Mayo Clinic Balance Exercises www.mayoclinic.org/.../balance-exercises/sis-20076853

The Prehab Guys-Physical therapists that address specific joint/muscle problems. There is free and paid content available. www.theprehabguys.com This is research-based exercise for people of all levels from post-op patients to advanced athletes.

My Fitness Pal-has free and paid content on exercise, diet and wellness programs. It has a food/exercise diary option. It is recommended by dieticians for people with diabetes, weight management issues and for people with a variety of abilities. myfitnesspal@mfp.underarmour.com

AARP-senior exercise options many of which are appropriate for people with MS with varying levels of exercise tolerance. videos.aarp.org/category/video/fitness

Can DO MS- www.cando-ms.org A large source of webinars, informational handouts and participation in their Jumpstart program which is designed to take a more comprehensive look at wellness with MS

Silver Sneakers – tools.silversneakers.com Membership may be covered by Medicare. Available to folks over 65 y.o. Wide variety of on-line classes and many public gyms have a membership fee structure to cover the cost.

Above MS – supported by Biogen www.AboveMSinfo@biogen-email.com

Chi Gung terryleers.sfq@gmail.com Recently released free chair chi gung live videos at various times

Music Therapy- www.msinharmony.com A new free resource using music to improve gait, speech articulation, incorporate stress reduction, memory skills. Very fun website.

Community onsite Exercise Programs

Manitou Pool and Fitness Center manitoupool.com

719-685-9735 202 Manitou Ave. **Manitou Springs, CO** 80829

Cottonwood Creek Family Center YMCA

www.ppyymca.org/locations/north/cottonwood-creek-family-center-ymca

3920 Dublin Blvd. **Colorado Springs, CO** 80918 719-385-6508

Downtown YMCA 207 N. Nevada Ave. **Colorado Springs, CO** 0903 719-473-9622

Briargate YMCA 4025 Family Place **Colorado Springs, CO** 80920 719-282-9622

Aquatic Center 111 N. Baldwin St. **Woodland Park, CO** 80863 719-687-5233

Fulton Heights Community Center 1331 Santa Rosa, **Pueblo, CO** 81006 719-583-4997

Thunderwolf Recreation Center 2200 Bonforte Blvd. **Pueblo, CO** 81001 719-549-2085

www.csupueblo.edu/thunderwolf-recreation/index.html

There is a tutorial on how to sign up as a community member for guest passes and punch cards

Pueblo YMCA www.info@puebloymca.org 3200 E. Spaulding Ave. **Pueblo, CO** 81008 719-543-5151

Pueblo Community College PCC Wellness and Recreation Student Center 719-549-3063

900 W. Orman Ave. Suite 153 **Pueblo, CO** 81004

Senior Resource Centers and County Public Health Departments are good resources for more information regarding locally available programs

Discuss ongoing community exercise options with the **Physical or Occupational Therapists** you have developed a relationship with over time. They should be thrilled that you want to continue to progress independently and may know the best fit for you. They may have names of specific yoga teachers, personal trainers, etc. that they trust.

****If you have other resources or recommendations please let me know. I'll keep an updated list****