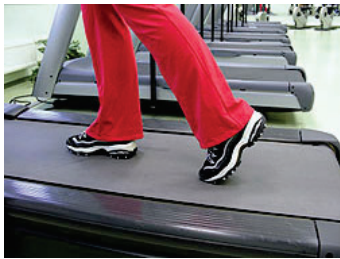


EXERCISE ^{for} EVERYBODY

UW HEALTH SPORTS MEDICINE CENTER

Exercise Opportunities for Individuals with Movement Challenges

The UW Health Sports Medicine Fitness Center staff provides research-based and clinically proven exercise programming for individuals with a wide range of medical conditions and fitness levels. Below is a sampling of these programs that especially meet the needs of our participants with movement challenges:



Parkinson's Exercise Program

A treadmill and movement skill class based on current research for improving mobility in people with Parkinson's Disease. This program focuses on vigorous aerobic exercise, amplitude training, trunk mobility and other neuro-motor skills challenged by the disease.

CONTACT Sue Peterson, MS speterson2@uwhealth.org



Living Falls Free

This is a community-based falls risk reduction exercise class. It emphasizes balance specific exercises and gait technique.

INFO & REG

www.uwhealth.org/classes
speterson2@uwhealth.org

Reboot

A community exercise program designed for those with neurological conditions focused on aerobic fitness, strength, and balance. Interested participants will need to complete a physical therapy assessment and medical clearance waiver from their doctor.

CONTACT Jennifer Hockemeyer, MS jhockemeyer@uwhealth.org

Adaptive Yoga

Slower paced class using modifications to aid the client with chronic injury or disease. Class teaches seated, standing and mat yoga poses for good movement technique.

INFO & REG

www.uwhealth.org/classes
jhockemeyer@uwhealth.org

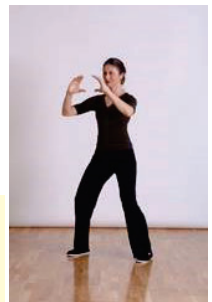


Tai Chi

Tai Chi helps improve balance and coordination. It is a gentle movement class benefitting people with arthritis, neuromuscular disorders, and musculo-skeletal issues.

INFO & REG

www.uwhealth.org/classes
jhockemeyer@uwhealth.org



Simply Stable

Slower paced class for core stability and strengthening. Teaches seated, standing and mat based exercises with bands, yoga blocks and bolsters to add resistance and support.

INFO & REG

www.uwhealth.org/classes
jhockemeyer@uwhealth.org



Fitness Center

A highly-trained staff of degreed exercise professionals will design and help you implement an independent exercise program tailored to your specific needs. Both land-based and aquatic exercise modalities are available.

INFO www.uwhealth.org/fitnesscenter

Questions/More Info

(608) 263-7936

www.uwhealth.org/classes