



December 2023 Updates

The latest news from Shirley Ryan AbilityLab Adaptive Sports & Fitness Center

Special Fitness Holiday Offer for Family and Caregivers

The holiday season is upon us, and here at SRAlab Adaptive Fitness Center, we're thrilled to announce a special offer that encompasses the best of health, wellness, and relaxation! Treat your family members or caregivers to the gift of fitness with our **50% off holiday special on our yoga classes**. This deal will be valid during the months of December and January.

Show your gratitude to those who support you by providing them with the opportunity to experience our empowering yoga classes every Monday and Wednesday at 8:45am. Whether it's a family member seeking to enhance their well-being or a caregiver in need of relaxation, our specialized programs cater to diverse needs, ensuring an inclusive and fulfilling fitness journey for everyone.

To take advantage of this limited-time offer and purchase yoga classes at 50% discount \$55.00 11-week session, visit our front desk or contact us directly at 312-238-5001.

Check out what our Mat Yoga class has to offer:



Indoor Cycling

The Chicago winter does not stop the cycling team. The [Adaptive Cycling Program](#) moved indoors to the Fitness Center (located at 541 North Fairbanks, Chicago, IL 60611) from 11am–1:45pm and will run through the end of March on Tuesdays and Thursdays. For more information and to sign up, contact dmadden@sralab.org.

[View our other sports programs](#)

New Specialized Program at the Fitness Center - Exercise for Cancer

Our specialized fitness program is designed to support individuals navigating their journey through cancer treatment. At the heart of this initiative is the belief that exercise, adapted to individual needs, plays a pivotal role in enhancing physical resilience, emotional well-being, and overall quality of life during and after cancer therapies.

Program Overview:

Tailored by our exercise physiologist Joshua Sepic our cancer exercise program offers a comprehensive approach to fitness for individuals facing the challenges of cancer. The program prioritizes personalized workouts, aiming to address the unique needs and concerns of each participant.

Every participant receives a personalized exercise plan crafted in consideration of their specific diagnosis, treatment phase, physical capabilities, and individual goals. These workouts are adaptive, incorporating various levels of intensity and exercises to suit each person's comfort and ability. With a deep understanding of the dynamic nature of cancer treatment, our program adapts to the changing needs and energy levels of participants, offering flexibility in scheduling and exercise modifications.

Benefits:

- Improved Physical Strength and Endurance: Tailored workouts help enhance stamina and strength, aiding in better coping with treatment side effects.
- Enhanced Emotional Well-being: Exercise has been shown to alleviate stress, anxiety, and depression, promoting a more positive outlook.
- Increased Energy Levels: Regular physical activity can counteract fatigue, contributing to increased energy levels and improved daily functioning.
- Supportive Community: Being part of a community with shared experiences fosters a sense of belonging and encouragement.

If you think you, or anyone you know, could benefit from cancer-specific exercise, please contact Joshua Sepic at jsepic@sralab.org

Balance and Stability Tips for the Winter

This week in Balance we learned how to maintain our balance when it's snowing or icy outside.

- Finding the clearest path to walk through, looking for dry stable cement to walk on
- Walking like a Penguin (taking slow small steps, and pointing toes slightly out to increase our surface area of our foot on unstable surfaces)
- Testing possible icy or unstable surfaces before stepping on them
- Keeping your hands out of your pockets so you are able to brace yourself or grab things if you lose your balance
- Wearing shoes that have more traction on them (importance of making sure the sole of your shoe is not worn out)
- Salting your steps at home to help decrease ice
- Being aware of your surroundings
- Giving yourself time to get to locations

After taking a session of balance class multiple participants have scored higher on their Functional Gait assessments and had a decrease in their reaction time to balance activities. With the increase in confidence and knowledge of balance, participants are able to succeed both inside and outside the Fitness Center. If you are interested in joining our Balance class reach out to the main office at (312) 238-5001.

Keep an eye out for our next session of classes opening and as always feel free to book Free Balance Assessments with Maggie King to see where your balance is at. Contact her at mking03@sralab.org.



Improve Your Golf Game!

Although Golf courses are shut down for the winter, that doesn't mean your golf game needs to get shut down with it! Join one of our new Golf Performance program - led by specialized physical therapists and exercise physiologists.

Golf Performance Assessment

Our Golf Performance Assessment is a comprehensive assessment of your golf-game fitness. Our team of physical therapists will evaluate your swing and movements through a specialized medical lens.

The assessment includes a number of measures:

- Titleist Performance Institute screen
- Mobility and power testing
- Swing analysis using a GC3 launch monitor

The result? A better understanding of your golf swing, positioning and movements, as well as an opportunity to improve your golf efficiencies and longevity on the course.

\$350 for 1-hour assessment

Call us here at the fitness center at (312) 238-5001 to schedule your assessment.

Improve Your Mobility and Flexibility

Understanding the difference between Mobility and Flexibility and how regular stretch and Yoga classes can positively contribute to improving both.

While mobility and flexibility are often used interchangeably, they actually refer to different aspects of physical fitness.

Mobility involves the ability of a joint to move actively through its full range of motion without interruption or pain. Good mobility can be described as freedom of movement. Mobility allows you to perform activities of daily living such as walking, getting on and off the floor, lowering yourself from standing to sitting in a chair.

- **Test Yourself:** An easy self-test to check your mobility is to perform a simple sit to stand exercise. See if you can control the motion of descent to the chair from start to finish without pain. If you are unable to control the descent and drop into the chair due to pain, stiffness or lack of strength that indicates poor mobility.

Flexibility on the other hand, primarily pertains to the lengthening of muscles and their capability to stretch passively. It's more about the elasticity of the muscles and connective tissues.

Yoga's Role in Enhancing Mobility and Flexibility

Yoga stands out as a practice that effectively contributes to both mobility and flexibility. Its emphasis on diverse postures not only improves muscle flexibility but also enhances joint mobility by engaging different muscle groups simultaneously. Poses in yoga encourage both static and dynamic stretching, promoting increased range of motion while also building strength in those positions.

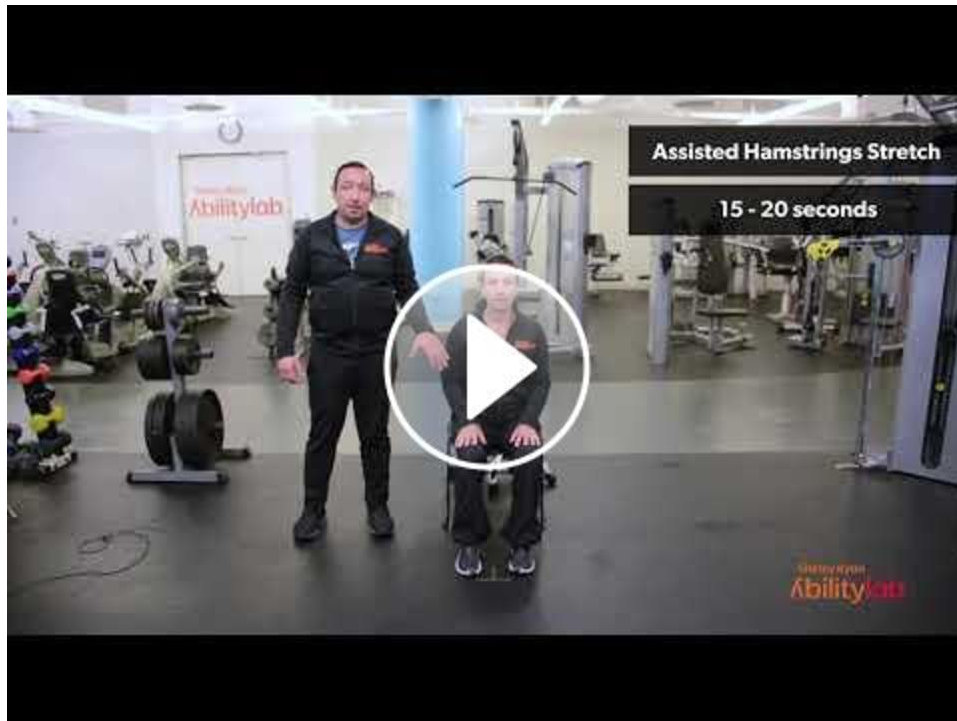
Guidelines for Stretch and Mobility

While specific guidelines may vary based on individual needs and fitness levels, here are some general recommendations:

1. **Consistency:** Aim for regular stretching or mobility exercises, ideally incorporating them into your routine 2-3 times per week.
2. **Warm-up:** Always perform a brief warm-up before engaging in stretches or mobility exercises to prepare the muscles and joints.
3. **Dynamic Stretching:** Incorporate movements that mimic the activity or sport you're preparing for to improve joint mobility.
4. **Static Stretching:** Hold stretches for 15-30 seconds, focusing on major muscle groups. Remember to breathe through the stretch. Repeat 2-4 times for each muscle group.
5. **Progress Gradually** Avoid bouncing during stretches, and gradually increase the intensity or duration over time as your flexibility and mobility improve.

In summary, while flexibility and mobility are separate components of physical fitness, they complement each other in promoting overall movement proficiency. Consistent practice of yoga or adherence to recommended stretching and mobility guidelines can significantly enhance both aspects, contributing to improved flexibility, joint health, and functional movement patterns in daily life and exercise routines.

Check out our Partner Stretch Exercise video:



[View Our Flex-Ability Stretch Class](#)

Balance and Stability Class and Free Balance Assessments Continuing in January!

Following the overwhelming positive response and popularity of our free balance assessment program, we're thrilled to announce that we'll be continuing to offer these assessments throughout the month of January. Your enthusiastic participation has been truly inspiring, and we're excited to keep supporting your fitness journey.

We have our first individual post assessments results and we are excited that our balance classes have proven to be instrumental in helping participants improve stability, refine their workouts, and enhance overall performance. We've witnessed

incredible progress and are eager to see even more success stories in the coming month.

Here are the key details:

Participation in the assessment is completely free, and we encourage everyone to take advantage of this opportunity to better understand their body's balance dynamics and make strides toward improved fitness goals. Free Balance Assessments can be booked with Maggie King at mking03@sralab.org.

Whether you're a seasoned gym-goer or just starting your fitness journey, these assessments are tailored to benefit individuals of all ability levels. So, mark your calendars and join us for another month of focused balance assessments to elevate your fitness routine!



General Classes for All Ability Levels

[Adaptive Yoga: Seated Level or Mat level](#)

[Adaptive Pilates](#)

[Seated Dance](#)

[Balance and Stability](#)

[Golf Performance](#)

[Aquatic Fitness: Group Sessions and One-on-Ones](#)

Functional Fitness

Individualized training is also offered through our [Functional Fitness Program](#), where members work one-on-one with one of our exercise physiologists to advance and maintain their functional goals. In addition, our staff can help you improve your gait and balance through Lokomat, AlterG treadmill training, and aquatic exercises (downtown only).

Telefitness

[Telefitness](#) is a one-on-one interactive virtual exercise program for individuals who are looking to maximize their functional fitness and training outcomes under the guidance and care of one of our expert Exercise Physiologists. The program is designed to help increase motivation, activity, improve physical ability, and enhance personal fitness goals all from the comfort of home.

If you are interested in using any of our services, please contact us at the Fitness Center

at (312)-238-5001 or sports@sralab.org.

[Click Here For More Info](#)

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