LifeGuide for Adaptive Training

What is LifeGuide for Adaptive Training?

Adaptive Training is designed for people with physical limitations that make it difficult to use traditional fitness equipment. The goal is to enable each person to exercise more safely, effectively, and independently by using adapted fitness equipment and exercises. ProActive members with a variety of medical conditions are encouraged to participate, including those with a spinal cord injury, stroke, traumatic brain injury, multiple sclerosis, amputation, or severe arthritis.

The classes involve stretching, strength training and



cardiovascular training. An explanation of how to use equipment that has been designed or specially adapted for persons with different disabilities is also included. This class is led by one of ProActive's exercise physiologists with specialized training in using adaptive equipment. A physical therapist is available to consult.

Ever felt uncomfortable in a traditional fitness environment?

Madonna ProActive was founded on the rehabilitation model, which stresses the importance of holistic wellness. Furthermore, ProActive was created as an environment for people of all abilities. ProActive is about encouraging wellness throughout your life, regardless of your ability level.

Charlie Bills and Anthony Sobatka lead the Adaptive Training group. Both Anthony and Charlie are certified Strength and Conditioning Specialists through the National Strength and Conditioning Association (NSCA). In addition, Charlie has a degree in exercise science from the University of Nebraska-Lincoln and worked as a research analyst in the Movement Sciences Center at Madonna Rehabilitation Hospital for two

years before becoming an exercise physiologist at Madonna ProActive.

Anthony earned his degree in sports science from Briar Cliff University in Sioux City, Iowa, with emphasis in cardiac rehab and athletic training. Anthony completed



internship work at Floyd Valley Hospital and CNOS (Center for Neurosciences, Orthopedics and Spine) before he joined the ProActive team.

Additionally, physical and occupational therapists are available on a consultative basis to assist in developing programming for clients with unique needs.

How is Adaptive Training different from other programs?

Not only does LifeGuide for Adaptive Training involve equipment and expertise at Madonna ProActive, it also

coordinates with Madonna Rehabilitation Hospital's Institute for Rehabilitation Science and Engineering, where collaborative work between fitness trainers and clinicians aims to breakdown the barriers that clients face when



trying to exercise on traditional equipment. Adapted equipment emerging from this research is available for use at Madonna ProActive.

How do I get more information or get started with LifeGuide for Adaptive Training at ProActive?

The schedule for Adaptive Training is included in the overall class schedule, which is available at the Front Desk. You may also call ProActive, (402) 420-0000 or get more information at www.MadonnaProActive.org.