

Adaptive Workout Program Helps Wheelchair-Bound Patients Improve

Adaptive athletes build strength with CrossFit workouts while community encourages their growth

Orlando Health

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NEWS PACKAGE

SUGGESTED TEASE	PHYSICAL LIMITATIONS CAN'T STOP THESE ATHLETES FROM HITTING THE GYM.
ANCHOR LEAD	COMING UP, HOW A NEW PROGRAM IS BREAKING DOWN BARRIERS FOR THOSE WITH SPINAL CORD INJURIES, IMPROVING THEIR HEALTH AND THEIR EVERYDAY LIVES.
	FOR THOSE USING A WHEELCHAIR, THE GYM CAN BE AN INTIMIDATING PLACE WHERE THEY NOT ONLY FACE PHYSICAL LIMITATIONS, BUT ALSO THE ISOLATION OF FEELING DIFFERENT IN A PUBLIC PLACE.
	BUT A NEW PROGRAM IS BREAKING DOWN BARRIERS WHILE EMPOWERING THESE PATIENTS TO IMPROVE THEIR STRENGTH AND THEIR LIVES. BARB CONSIGLIO HAS THE DETAILS.
(PACKAGE START) -----	
CG: Courtesy: Orlando Health Arnold Palmer Hospital for Children :00 - :03	(Nats - "Oh, Bingo. I got that.") :02
Shots of CJ and David playing video games	COMPETITION HAS ALWAYS BEEN A PART OF DAVID KELLAM (KELL-um) AND C-J BELLAMY'S (BELL-uh-mee) FRIENDSHIP. :04
CG: CJ Bellamy Adaptive athlete	"What was that, middle school, David, when I beat you in that race? When I beat you in that race. (David off camera: "Don't lie.") I beat him in a race." :09
Shots of CJ arriving at gym and greeting David	TODAY, THEY'RE STILL AT IT, EVEN AFTER SPINAL CORD INJURIES FOUR YEARS APART LEFT THEM BOTH PARALYZED. :06
	(NATS- 19:49:24 "That's all I gotta do though.") :01
Shot of going into gym Shots of coaches working with	THEY WORKOUT TOGETHER AT A CROSSFIT GYM WHERE COACHES ARE TRAINED TO ADAPT THEIR DAILY WORKOUTS FOR ATHLETES WITH

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them	SPINAL CORD INJURIES. <i>(NATS - Coach: "You got the kettlebells. You grab some dumbbells.")</i>
Shots of CJ and David working out	IT'S PART OF A NEW PROGRAM DEVELOPED BY ORLANDO HEALTH TO HELP PATIENTS CONTINUE THEIR RECOVERY, STRENGTHENING THEIR UPPER BODY AND CORE MUSCLES AFTER THEIR INITIAL INPATIENT REHAB. :15
CG: Andrea Cooper, CTRS Orlando Health	<i>"It really gives them another opportunity to work on their physical fitness and work on improving their transfers or improving their stamina or endurance." :10</i>
Shots of Andrea working with patient in rehab	SOMETHING THAT CAN BE DIFFICULT TO DO AT A TRADITIONAL GYM. :03
CJ Bellamy (CG'd earlier)	<i>"I'll lift, do a couple lifts, look around, feel like kind of weird cause I'm like, I'm the only guy in there in a chair." :06</i>
Andrea Cooper (CG'd earlier)	<i>"The issue is there wasn't that opportunity, and what we did here is we created that opportunity." :05</i>
Shots of CJ and David working out	DURING WORKOUTS EXPECTATIONS FOR THESE ADAPTIVE ATHLETES ARE THE SAME AS EVERYONE ELSE. :04
CG: Robert Zambrana CrossFit coach	<i>"We modify it, and structure just for them, but everyone's doing the same workout." :07</i>
Shot of David getting out of car	AND NOT ONLY IS THEIR HARD WORK HERE MAKING DAILY LIFE EASIER... :03
CJ Bellamy (CG'd earlier)	<i>"I transfer in and out of my chair super easy. No problems. Getting in and out of the car is super easy now." :08</i>
Shots of coaches' encouragement during workout	BUT THE COMMUNITY FOCUS OF CROSSFIT WORKOUTS GIVES THEM THE MOTIVATION TO KEEP GETTING STRONGER, PREVENTING LONG-TERM HEALTH ISSUES LIKE DIABETES AND HEART DISEASE. :05
CG: David Kellam Adaptive athlete	<i>"Everybody's so positive, and everybody wants to see you do better." :05</i>

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<p>CJ Bellamy (CG'd earlier)</p> <p>Shots of CJ and David working out</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p><i>"You never know what you're able to do until you try it." :02 /</i></p> <p>AT ORLANDO HEALTH, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>THE GOAL IS TO USE THE PROGRAM DEVELOPED BY ORLANDO HEALTH AS A MODEL TO HELP MORE GYMS ADAPT THEIR WORKOUTS FOR THOSE WITH DISABILITIES, ENCOURAGING INCLUSIVITY AT FITNESS CENTERS ACROSS THE COUNTRY.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>An adaptive program developed by @OrlandoHealth allows those with spinal cord injuries to complete CrossFit workouts alongside everyone else, improving their mobility and making everyday tasks easier. http://bit.ly/2QHnE7u.</p> <hr/> <p>Physical limitations can't keep these athletes from hitting it hard at the gym! A new adaptive program developed by Orlando Health allows those with spinal cord injuries to workout alongside everyone else at a CrossFit gym, improving their mobility and making everyday tasks easier. http://bit.ly/2QHnE7u.</p>
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EXTRA BITES

<p>CG: Andrea Cooper, CTRS Orlando Health</p> <p>CG: CJ Bellamy Adaptive athlete</p>	<p>Cooper says adaptive programs help patients with daily tasks: <i>"It translates into their daily activities. So, when they're transferring, and they're getting from point a to point b, getting them more mobile, it helps with their independence."</i></p> <p>Cooper says the program prevents secondary health issues: <i>"Some of the health conditions that can be prevented are obesity, heart conditions and diabetes."</i></p> <p>Cooper say other gyms can use the program as a model: <i>"Going forward what we hope is that other people can look inside their communities and see how they can better create these adaptive sports opportunities for patients living with spinal cord injury."</i></p> <hr/> <p>CJ says Crossfit allows him to compete as an athlete again: <i>"CrossFit was my way of getting back on the basketball court in like a basketball setting. Really competitive, seeing someone else lifting and then like, okay well, I think I can lift that, so let me test myself to try to push it."</i></p> <p>CJ says other athletes encourage him during workouts:</p>
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