Adaptive Workout Program Helps Wheelchair-Bound Patients Improve
Adaptive athletes build strength with CrossFit workouts while community encourages their growth

Orlando Health

Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: http://bit.ly/2QHnE7u .
Package Length: 1:51	Content provided by: Orlando Health

NEWS PACKAGE

NEWS FACKAGE	
SUGGESTED TEASE	PHYSICAL LIMITATIONS CAN'T STOP THESE ATHLETES FROM HITTING THE GYM. COMING UP, HOW A NEW PROGRAM IS BREAKING DOWN BARRIERS FOR THOSE WITH SPINAL CORD INJURIES, IMPROVING THEIR HEALTH AND THEIR EVERYDAY LIVES.
ANCHOR LEAD	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 Shots of CJ and David playing	(Nats - "Oh, Bingo. I got that.") :02 COMPETITION HAS ALWAYS BEEN A PART OF DAVID KELLAM (KELL-um) AND C-J BELLAMY'S
video games	(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

Producers and Reporters: To download scripts, video and photos go to:

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

CJ Bellamy (CG'd earlier) "You never know what you're able to do until you try it.":02 / AT ORLANDO HEALTH, THIS IS BARB CONSIGLIO REPORTING.:02 (PACKAGE END) ------ THE GOAL IS TO USE THE PROGRAM DEVELOPED BY ORLANDO HEALTH AS A MODEL

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.

SOCIAL MEDIA

Share it! Suggested tweet:

An adaptive program developed by <u>@OrlandoHealth</u> 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.

Suggested post:

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.

EXTRA BITES

Cooper says adaptive programs help patients with daily tasks: "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."

CG: Andrea Cooper, CTRS
Orlando Health

Cooper says the program prevents secondary health issues: "Some of the health conditions that can be prevented are obesity, heart conditions and diabetes."

Cooper say other gyms can use the program as a model: "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."

CG: CJ Bellamy Adaptive athlete CJ says Crossfit allows him to compete as an athlete again: "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." CJ says other athletes encourage him during workouts:

CG: CJ Bellamy Adaptive athlete

"Everyone else is just there pushing you, and just like, 'Okay, you can do it too.""

CJ describes his improvement since starting CrossFit: "When I first started, I could barely like, I could barely lift up the bar with like 10 pounds on it, and now I maxed, I PRed at 175."

CG: David Kellam Adaptive athlete David describes the real-life benefits of increased strength: "It keeps my arms strong enough so I can get in and out of my car really in under a minute multiple times a day, transfer to my shower bench to take a shower, transfer to bed."

David says daily life used to make him sore, now workouts do: "Your muscles get sore from doing stuff day-to-day, but when you're in the program CrossFit, when you're in the CrossFit program, your muscles get sore from doing that stuff, but then when you do the day-to-day stuff it's nothing."

Guillermo says the program can inspire a lot of people: "How many more people can you really inspire that are in wheelchairs at home watching these things and saying, 'Hey, let's give it a try.""

CG: Guillermo Reyes
CrossFit coach

CG: Robert Zambrana

CrossFit coach

Guillermo describes improvements in adaptive athletes: "For them to start seeing the course of them able to pick up a five-pound dumbell over their head. Them telling you, 'Man, my transfers are 10 times easier. I can go to the restroom with no issues. I can go to bed and not have to wait 15 minutes to transfer over to my bed."

Robert says he works toward adaptive athletes' unique goals: "We basically open up a relationship with the adaptive athlete and say, hey, what's your goals? What are you trying to do?"

Robert says athletes are surprised by what they're able to do: "They say, 'Yo, Rob. Man, I didn't think I could do that. Thank you,' and it's like, 'No, you can do it. Thank you."

THAIH

¹Summary of the 2017-2018 Influenza Season. Center for Disease Control and Prevention, August 31, 2018. Online: https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm

References

²Recommendations for Prevention and Control of Influenza in Children, 2018–2019. **American Academy of Pediatrics, September 2018.** Online: http://pediatrics.aappublications.org/content/early/2018/08/30/peds.2018-2367

For viewer information on this story contact:

Orlando Health: (321) 841-8748 mediarelations@orlandohealth.com

Produced by:



1800 West 5th Ave.

Columbus. Ohio 43212 Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

Video content provided by: Orlando Health Media Relations Department: (321) 841-8748