

# **Discover Accessible Fitness**

## **For the Consumer**

This booklet is designed to serve as a wheelchair user's guide for using fitness equipment. This guide will help you safely and effectively use equipment most often found in fitness centers. Stability issues in regards to exercising in your wheelchair as well as safety regarding transfers will be addressed. Adaptive equipment that can help you perform your exercise program with greater ease is discussed, in addition to exercise precautions relating to some secondary conditions. A full overview of the components of fitness including cardiovascular, strength, and flexibility are included along with photo and text descriptions of useful exercises for wheelchair users. Flip through the online guide [HERE](#) and download to discover the benefits and possibilities



## **For the Professional**

This booklet can serve as a tool for fitness professionals to become familiar with key considerations for wheelchair users using fitness equipment and to broaden their knowledge to help more people. This guide discusses safety, stability, adaptive equipment, accessibility, exercise precautions, and a full overview of the components of fitness including cardiovascular, strength, and flexibility. Flip through the [online guide](#) and download to discover the benefits and possibilities of accessible fitness! Additionally, fitness professionals can increase their competitive edge and stand out among peers with the [ACSM/NCHPAD Certified Inclusive Fitness Trainer](#) (CIFT) Certification.



**Get the Guide**

Click [HERE](#) to download a pdf of the guide.

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