

The Goodwill Fitness Center

Building a Fitness Center for People with Disabilities

A

t the Goodwill Fitness Center, we believe that every person, regardless of physical disability or health status, can benefit from a comprehensive exercise program. There are currently about 70,000 adults in Orange County living with physical disabilities, and the number grows each year. Until now, there has been no fitness center in the area to serve this population.

The Goodwill Fitness Center was created to fill the gap and provide what conventional fitness centers simply can't. At this brand new facility, members have access to state-of-the-art specialized equipment, a range of courses designed for people with disabilities, and a qualified, experienced staff. As part of a stay-fit program, members can enhance every day of their lives by improving stamina, muscular strength, flexibility, balance, coordination, body control and detailed mobility. Along the way, members may also develop a sense of belonging in a fitness center created for people in Orange County that live with physical disabilities and chronic illness.

Exercising Options for Better Health

To maintain or increase overall health, physical exercise plays an important role – especially for individuals who have a physical disability or chronic illness. In fact, members can help reduce secondary health conditions and complications by engaging in physical activity at least five days a week for 30 minutes or more. A balanced approach to exercise is the safest, most natural form of preventative medicine – and with the right equipment and guidance, anyone can achieve it. Exercise is good for physical



The Goodwill Fitness Center
in Santa Ana

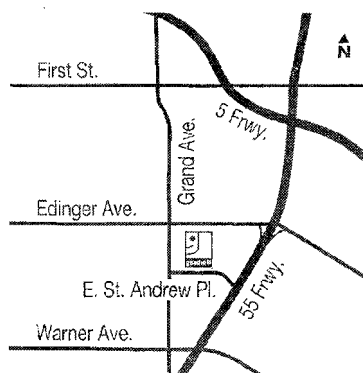
as well as mental health. It stimulates brain chemicals that can produce feelings of well-being and relaxation, and can even reduce depression and anxiety. It also promotes a proactive attitude in taking care of disabilities or chronic illnesses. The result can be a much more enjoyable quality of life, as well as greater productivity in the workplace.

Working Out for Greater Independence

Our goal is to assist members in increasing their physical fitness and strength. Members can take advantage of cardiovascular and strength training, yoga, one-on-one personal training, and classes on nutrition and wellness strategies. Goodwill Fitness Center trainers will often focus on balance, coordination, motor control and cardiovascular capacity. This can help members develop or maintain their ability to perform activities of daily living such as getting up from bed, taking a shower or bath, carrying groceries in from the car, or going up a flight of stairs. These exercise programs will help minimize the potential for chronic pain caused by muscle imbalances, muscle atrophy, overuse injuries and disability-specific wear and tear on muscles and joints.

Getting Started

To qualify for membership at the Goodwill Fitness Center, prospective members must have a medically diagnosed disability and a medical release form (signed by their physician) authorizing them to participate in an exercise program. After a fitness assessment, a highly trained physical therapist will work with each member to develop an exercise program based on individual capabilities and goals. Once the program has been established, members are encouraged to be independent in working out. Exercise trainers will circulate around the gym floor area to support members during their exercise programs. Members may come in to work out anytime – appointments are required only for one-on-one training or physical therapy. (Members interested in ongoing physical therapy services will need a prescription from their physician.) Additional fees are charged for physical therapy services.



Designed with Accessibility in Mind

The Goodwill Fitness Center features a complete line of premium accessible exercise equipment including an array of Cybex Total Access, SCIFIT and Star Trak equipment, as well as free weights. The equipment has been designed with special features (such as seats that swing out of the way) so that workouts can be done from a wheelchair. Other special features found on the Cybex equipment include lower weight stacks than standard gym machines, easy to read text, and contrasting colors for increased safety. Many of the machines can be adjusted for those who cannot fully straighten their legs or have limited motion in their joints. In addition, the locker rooms include fully accessible showers and changing rooms. Members can store items in a locker, work out, and then get ready for the day in a spacious area with mirrors and appropriate counter heights.

The Goodwill Fitness Center was designed for people with a number of disabilities or chronic illnesses which could include: spinal cord injury, cardiovascular disease, multiple sclerosis, hypertension, diabetes, osteoporosis, arthritis, high cholesterol, asthma, stroke rehabilitation, joint replacements (hip or knee), muscular dystrophy, cerebral palsy, cancer, deafness, blindness, obesity, amputations, Parkinson's disease, fibromyalgia or traumatic brain injuries.

Rising to the Challenge

To build a new fitness center for people with disabilities, The Goodwill Fitness Center Campaign has set a fundraising goal of \$7,000,000 – to date, Goodwill has raised over 6.3 million dollars. In collaboration with the Spinal Cord Injury Special Fund, the capital campaign funds will be used to purchase a facility, renovate the building, and buy adaptive equipment designed specifically for people with disabilities. The campaign will also fund two years of operating income to provide time to build sustainable support.

Goodwill of Orange County is continually seeking commitment from individuals, corporations and private foundations. The Goodwill Fitness Center Campaign will not only accept gifts of cash and pledges, but we will also work with individuals and families as well as their financial advisors, to help create the best possible gift that suits each donor's needs, including gifts of securities, life insurance, real estate, IRAs or other financial instruments and assets.

To pledge financial support, please call (714) 547-6301 extension 311 or for membership information, visit the website at ocgoodwill-fitnesscenter.org or call at 888-OCFITCENTER (888-623-4823). Goodwill of Orange County will soon be scheduling tours of the facility located at 1601 East St. Andrew Place in Santa Ana.