



November 2023 Updates

The latest news from Shirley Ryan AbilityLab Adaptive Sports & Fitness Center

Upcoming Sled Hockey Info

Where: Morgan Park Sports Center,
11505 S Western Ave, Chicago, IL 60643

Date: December 9th

Schedule:

10:30am Blackhawks vs Minnesota Wild

12pm Blackhawks vs Central Illinois
Thunder

1:30pm Blackhawks vs Minnesota Wild

3pm Blackhawks vs Central Illinois Thunder



Admission is free!

[Read more about sled hockey](#)

[View our other sports programs](#)

Indoor Cycling

The Chicago winter does not stop the cycling team. The [Adaptive Cycling Program](#) moves indoors to the Fitness Center (located at 541 North Fairbanks, Chicago, IL 60611) from 11am–1:45pm starting November 28 and will run through the end of March on Tuesdays and Thursdays. For more information and to sign up, contact dmadden@sralab.org.

Join Us at the Fitness Center!

The journey to stronger bones, physical wellbeing and active lifestyle. How progressive resistance training has helped one of our Functional Fitness participants, Marcia, improve her bone density, stamina and strength, and stay active at 79 years old!

For me Shirley Ryan Adaptive Fitness Center is: Challenge; Safety; Celebration; Support.

As I approach my 79th birthday, Shirley Ryan Fitness helps me to remain active, to set and achieve challenging physical goals, and to truly enjoy life.

The fitness center has a fully equipped gym with the latest equipment—that's all been modified to accommodate just about everyone. I've always been short, but osteoporosis has left me with 10 smashed vertebrae and scoliosis so I don't even make it to the height of a moderately tall pygmy. Unlike most gyms, there's no equipment that can't be adjusted so that I can use it.

I've had the joy of learning and practicing the physical skills I needed to be able to take an active part in my grandchildren's lives. I could climb the ladder to the zip-lining platform with my granddaughter. I confidently took my 12-year-old grandson to Japan knowing I could walk 3 to 5 miles a day when it was over 90 degrees and humid. On my own, I felt the freedom of flying when I went paragliding off the cliffs in La Jolla.

It's a place to meet new, interesting, and inspiring people. Most of the other people there were working hard to overcome challenges—both ones they were born with or ones that were unexpectedly thrust upon them. Occasionally there were athletes learning a new skill. But everyone shared one thing—they were there to push themselves.

I've learned that what I used to be able to do is no longer possible – and that's okay. There are other things out there. I met someone in leg braces who had completed this year's climb to the top of Willis Tower. A year ago he had been confined to a wheel chair. He was still relearning basic skills – but he had, with the support of his Shirley Ryan trainer, made it up all those stairs.

Regarding my osteoporosis—on my most recent bone density tests it now registers as osteopenia. My primary care doctor did a double take and said that that doesn't happen. It's generally accepted that you can slow it— but reversing it just doesn't happen. Except at Shirley Ryan Adaptive Fitness Center!



Balance and Stability Class

Here's a look as to what we've been learning and doing in [Balance and Stability Class](#). [Participants](#) have learned what the 3 components of balance are and how our balance changes as we age. Additionally, members have discovered balance recovery strategies and how to implement them when they experience a loss in balance. We have practiced these techniques in sitting, standing, and moving balance. One of our members Susan shares, "I noticed I've been walking more confidently, and it's definitely changed since beginning class. It's been lovely to feel. I've walked faster than I have in awhile."

Keep an eye out for our next session of classes opening and as always feel free to book Free Balance Assessments with Maggie King to see where your balance is at. Contact her at mking03@sralab.org.



General Classes for All Ability Levels

[Adaptive Yoga: Seated Level](#) or [Mat level](#)

[Adaptive Pilates](#)

[Seated Dance](#)

[Balance and Stability](#)

[Golf Performance](#)

[Aquatic Fitness: Group Sessions and One-on-Ones](#)

Functional Fitness

Individualized training is also offered through our [Functional Fitness Program](#), where members work one-on-one with one of our exercise physiologists to advance and maintain their functional goals. In addition, our staff can help you improve your gait and balance through Lokomat, AlterG treadmill training, and aquatic exercises (downtown only).

Telefitness

[Telefitness](#) is a one-on-one interactive virtual exercise program for individuals who are looking to maximize their functional fitness and training outcomes under the guidance and care of one of our expert Exercise Physiologists. The program is designed to help increase motivation, activity, improve physical ability, and enhance personal fitness goals all from the comfort of home.

Test Your Strength!

See the below video for instructions on how to perform the 30 sec sit-to-stand test:



Use your results to gauge your fall risk!

Below Average Scores:

Age	Men	Women
60-64	<14	<12
65-69	<12	<11
70-74	<12	<10
75-79	<11	<10
80-84	<10	<9
85-89	<8	<8
90-94	<7	<4

A below average score indicates a risk for falls.

Things to Know: Strength Training for Older Adults

Did you know that once adults pass the physical prime of their teens and 20's, they gradually start losing lean body mass. This is mostly in a form of muscle tissue. This gradual loss of muscle strength is called sarcopenia, and is the main reason elderly Americans have difficulty

performing the activities of daily living which leads to their loss of independence!

It is important to know that losing strength is NOT an unavoidable consequence of AGING; instead is a consequence of DISUSE. The good news is that there are steps we can take to slow and even halt this process through consistent weight training and proper nutrition.

Strong muscles need strong support —your skeleton! Another important reason to strength train at ANY age is that evidence suggests that exercise might decrease the rate of BONE LOSS associated with osteoporosis and reduce the likelihood of FALLS that results in hip fractures. Falling is a serious public health concern among elderly people because of its frequency, the morbidity associated with falls, and the cost of the necessary healthcare. Muscle weakness has been identified as one of the biggest potentially modifiable risk factor for falling. Studies show that despite a decrease in muscle strength with age, muscle FUNCTION can be maintained and IMPROVED with strength training at any age if you engage in consistent strength training program.

Even a slight increase in muscle strength at ANY age can improve quality of life and prevent frailty that it should not be considered a normal part of getting old.

If you need guidance to design a consistent results-focused exercise program, or would like to schedule a fitness assessment to identify your strength, endurance or balance contact our fitness center at 312-238-5001.

Find out more: <https://www.sralab.org/functional-fitness-program>

Pulmonary Phase III Program

The [Pulmonary Phase III Program](#) is designed for graduates from the Phase II program at Shirley Ryan AbilityLab, to assist pulmonary participants continue to exercise in an independent manner under appropriate supervision. Participants engage in a safe and healthy exercise program using cardiovascular equipment, and learn strength and breathing exercises to optimize their physical performance.

If you are interested in using any of our services, please contact us at the Fitness Center at (312)-238-5001 or sports@sralab.org.

[Click Here For More Info](#)

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Shirley Ryan AbilityLab Sports and Fitness Center
541 N. Fairbanks Court, Mezzanine
Chicago, IL 60611
312-238-5001

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