



21[•]NEXT COMMUNITIES

5 RESOURCES

National Center on Health,
Physical Activity and Disability
www.nchpad.org

American Association on Health
and Disability
Newsletter and website
<https://aahtd.us/>

Centers for Disease Control and
Prevention
www.cdc.gov

The Arc Maryland
www.thearcmd.org

The Arc Prince George's County
Maryland
www.thearcofpgc.org

INTRODUCTION

I am a passionate certified personal trainer who serves children and adults with physical and developmental disabilities.

My client list includes individuals with Autism, Bi-Polar Disorder, Cerebral Palsy, Deaf and Hard of Hearing, Down Syndrome, Epilepsy, Osteoporosis, Paraplegics, Schizophrenia, and Spinal Back Fusion. I started Cruse Control Fitness in 2018 to diminish the obstacles that those in the disability community often face when seeking and starting a fitness plan.

Our safe, engaging, effective, fun and adaptive aerobic sessions seek to improve the quality of life and self-esteem of our clients through weight loss, enhanced muscular strength, flexibility, and range of motion.

5 TIPS

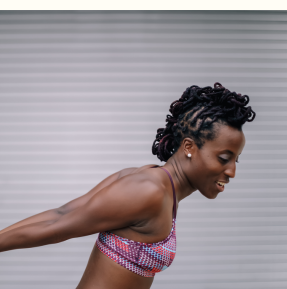


If you are an individual with a developmental or physical disability, you may feel discouraged to exercise because your unique needs (frequently unaccommodated) differ from those of the general population. However, the benefits of consistent exercise are not specific to one demographic and can be obtained by anyone who is willing to participate.

It's hard to start and/or stick with an exercise plan when our personal and professional obligations overwhelm us, but there is always a chance to get back back on track. Below are 5 tips to help you do just that!

- 1. Find a personal trainer or accountability partner:** If you are a beginner, I highly recommend hiring a personal trainer. The expertise of a certified personal trainer will help you or your caregivers set realistic fitness goals for you and create a customized exercise plan to reach those goals. You will also learn the proper technique to avoid injuries while exercising. If you have solid experience with exercise, an accountability partner is a great way to stay motivated and consistent, especially on those days when you just don't feel like working out.
- 2. Schedule Your Workouts:** Although "winging it" can feel comfortable, that approach rarely ever produces results. Scheduling your workouts, helps prioritize your fitness goal(s) and exercise plan amongst all of your other life goals and responsibilities.
- 3. Avoid Comparing yourself to others:** One of the easiest ways to discourage you from exercise is comparing yourself to others. Remember, everyone's overall physical functioning and fitness goals are truly unique. It's totally ok to be impressed by your favorite athlete's physical fitness but always remain focused and motivated by YOUR goals.
- 4. Be Kind to Yourself:** Whether you struggled to complete a new exercise during your workout or even had to cut one of your workouts short, please be kind to yourself. Beating yourself up will only further frustrate you and take you further away from your fitness goal. Dr. Kenneth H. Cooper stated, "Fitness is a journey not a destination; that you must continue for the rest of your life". You can expect your fitness journey to include obstacles but never let those obstacles allow you to give up on yourself.
- 5. Have Fun:** If you view exercise as a form of punishment, you are not likely to stick with it. There are so many ways to get in a good workout, so choose a form that is challenging but also to your liking. Remember, many exercises tend to be initially hard (especially if you are a beginner or haven't workout out in while) and then eventually become easier as you get stronger.

Always consult your primary physician before starting a new exercise plan!



CRUSE CONTROL
.....FITNESS.....

Denise Cruse | CEO & Founder

☎ [\(240\) 270-2384](tel:(240)270-2384)

✉ denise@crusecontrolfitness.com

🌐 www.crusecontrolfitness.com

Denise Cruse