

WHO WE ARE.

Certified Exercise Physiologists and Athletic Therapists who provide individualized, evidence-based exercise programming for people with spinal cord injury and other physical disabilities.

SCI ALBERTA MISSION.

To empower persons with spinal cord injuries and other physical disabilities to achieve independence and full community participation.

GOAL.

The fitness center, at Spinal Cord Injury Alberta, strives to help our clients achieve and improve their goals, develop their activities of daily living and their overall quality of life.



THANK YOU TO OUR SPONSORS.

Rick Hansen Foundation
Canwest Elevators & Lifts
Motion Specialties
Cenovus Energy
Guldmann lifts
Pipella Law
Penn West Energy
Mark's Work Wearhouse

WHERE YOU CAN FIND US.

5211 4TH STREET NE
CALGARY, AB T2K 6J5

Monday - Friday
9:00 AM - 4:00 PM

(403) 228-3001

www.sci-ab.ca



Adjust Adapt. Thrive.

Spinal Cord Injury Alberta



FITNESS & WELLNESS CENTRE



ABOUT OUR FACILITY.

At the SCI Fitness and Wellness Centre we have state of the art equipment including: Standing frame elliptical trainers, NuStep, Adapted Resistance Training Equipment, Ceiling Lifts, Raised Mats and the Functional Electrical Stimulation bike.



THE BENEFITS.

Improved cardiovascular fitness, Increased muscular strength, Maintenance or improvement of bone density, Weight management, Enhanced energy levels.

THE FES.

Functional Electrical Stimulation Cycle combines electrical stimulation and assistance from a motor to help people with spinal cord injury or other neurological conditions pedal a stationary bike from their wheelchair. Electrodes are placed on the skin to allow electrical stimulation to reach the muscles to achieve smooth and natural pedaling. FES can be used by those with impaired or limited movement of the arms, legs, or trunk to achieve health benefits.



If you think you can **you will.**

A SUCCESS STORY.

Gerry started coming to Spinal Cord Injury Alberta in 2013. In that time his cardiovascular fitness has significantly improved. He reports improved mobility in both his arms and his legs, and that the greatest improvement has been made using the standing elliptical. His first time in the standing elliptical, he was unable to fully stand up, now he is able to stand up 100% without the chair support behind him. He is performing sit to stands in the standing elliptical, and will soon progress to using the Active trainer in the parallel bars. He also thanks the FES for much of the strength he has gained in his legs that has allowed him to increase his standing ability in the standing elliptical.

"The changes I see in my clients throughout their sessions at Spinal Cord Injury Alberta inspire me".

Laura N.
Specialized
Fitness
Coordinator

Rebuild your **dreams.**
Achieve optimal health.
Maximize **independence.**

PRICES & PACKAGES.

Initial Fitness Assessment.

(Re-assessments are available)

- \$50 + cost of electrodes

One on one individualized exercise programming or FES Sessions

- \$220 for 10 one hour sessions.

Additional costs.

- \$11 for hour session extension
- Electrodes

Independant fitness sessions.

Work-out independently or with the support of a family member or caregiver with any of the equipment (Pre-book sessions with the Specialized Fitness Coordinator)

- \$100 FOR 10 one hour sessions

