

Spinal Cord Injury Alberta FITNESS & WELLNESS CENTRE



Featuring the Functional Electrical Stimulation Bike

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.

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.

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



5211 4TH STREET NE
CALGARY, AB T2K 6J5
Monday - Friday
9:00 AM - 4:00 PM
(403) 228-3001
www.sci-ab.ca


Spinal Cord Injury Alberta
Lésions Médullaires Alberta
Formerly Canadian Paraplegic Association (Alberta)
Adjust. Adapt. Thrive.