



FIT TIMES
 SDSU Adaptive Fitness Clinic

Spring 2016

WHAT'S NEW

NEW NAME NEW LOOK

To 2016 and Beyond

Along with the new staff that we introduced in the last letter, some changes have happened administratively, academically, and to our facility. We also have a vision for the future that we're excited to share.

Administratively

We've updated our website in an effort to make our information easier to share. There is now a "Make a Payment" tab which links you directly to the website so that you don't have to type in that extraordinarily long web address every time. We've also added, under the "Resources" tab, a link to our YouTube channel that now features videos of exercises to do at home, should you ever miss a section. Or, even better, videos to give you ideas of things you can do on the weekends, whether you miss a section or not! If you have any question or would like to see examples of any other exercises, let staff know.

Our chalkboard has been changing, often, so keep your eyes peeled for new information and news posted there. Announcements about events, reminders, and schedules will always be showcased. We've also got a new pegboard with events, research, and volunteer opportunities. Feel free to bring in a flyer if you've got any opportunities you'd like to share with our students and other clients.

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SDSU ADAPTIVE FITNESS CLINIC

Previously the SDSU Clinic for Individuals with Disabilities, we are now the SDSU Adaptive Fitness Clinic. Better description of our services, less of a mouthful. Logo was the winner of a contest. Artist Russell Takashima (client Jared's dad). Thanks Russell!



Student and Volunteer Appreciation

At the end of the semester, we will be recognizing outstanding students and volunteers for their work at the clinic. If you would like to nominate your student or volunteer, tell staff by **April 15th**.

Academically

We are a required course for kinesiology majors and the only hands-on, clinical experience they will get in their undergraduate program. We take their education very seriously and try to find every opportunity to make their experience better. Which is why, as you may have noticed, we have a lot of helpers running around the clinic. These individuals are students who have been in the clinic for one semester and decided to come back in more of a leadership role. Not only do they help us patrol the floor, they're also helping on the business end by running our social media accounts, spreading the word on campus, and managing booths and presentations around the community. We've worked with the Alzheimer's Association, Sharp Hospital, MS Society, Wounded Warrior Project, and several community colleges educating people on adaptive fitness practices.

Similarly, we've been connecting with other departments on campus, like the Marketing students who led some focus groups recently, whose involvement has sparked some ideas for us. Stay tuned for other, more in-depth focus group opportunities in the future.

Future

Facility changes goes under the "Future" heading. Things we have been working on: new paint job, heating and cooling system, more access to the auxiliary gym, a private evaluation space, moving the wall to create a bigger workout space. The reality is that things move a little slower on a university campus. We know where our clinic is lacking and we're working hard to get it up to speed. We appreciate your patience and understanding.

Part of that is, with the hope of more space comes the potential for more/updated equipment. We've started applying for grants to get new equipment, update the old stuff, and get more duplicates for things like tables, standing frames, parallel bars, among other things. We've also started fundraising in the community in the hopes of becoming less dependent on client fees so that we can keep your costs low. Some of you may have felt the weight of a changing sliding scale and we realize how tough that can be. Our fees didn't go up, it was the amount to which we were able to subsidize that changed. If we want to keep our doors open, we aren't able to subsidize quite as much as we had before. But, with the help of more fundraising and long-term donors, maybe someday we will again. That's the goal.

Bottom line is that we care about you. We appreciate that you participate in our program and provide an unrivaled experience for SDSU students. And we want to make sure you feel appreciated by giving you the best rehabilitation and exercise possible. So stick with us. We've got big plans, a fire in our bellies, and lots of ideas.

