Educational Webinar Series for Adults with Spina Bifida

Get Fit and Stay Healthy

December 3, 2018
Today’s presenters

- Kerri Vanderbom, PhD
  The National Center on Health, Physical Activity and Disability (NCHPAD); University of Alabama, Birmingham (UAB)/Lakeshore Research Collaborative
Today’s presenters

- Ashley Thomas
  Executive Director and Founder, Bridge II Sports, North Carolina
Today’s presenters

- Shannon Bevans, MSW
  Adult Transition Care Coordinator, Spina Bifida Program, Orlando Health; Spina Bifida Association of Central Florida
Moderators

- **Judy Thibadeau, RN, MN**, SBA Director of Research and Services; former Health Scientist, National Spina Bifida Program, National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention

- **Juanita Panlener**, SBA National Resource Center Manager
What is SB-YOU?

● Conversational presentations by subject-matter experts
  ○ Adults with Spina Bifida who are “life experts” on the subject
  ○ Health care professionals

● Practical information

● Tips and suggestions that are attainable and within reach
Why “SB-YOU?”

- Content is driven by YOU
  - Topics resulted from 2016 survey of adults with Spina Bifida
  - Everyday concerns regarding living with Spina Bifida
  - Upcoming topics:
    - Taking care of your mental health
    - Staying social (dating, bowel health, sexual health and sexuality)
    - Independence (cooking, living with more independence, employment)
    - Becoming a mother or father with Spina Bifida
Getting fit and staying healthy is possible

1. Why it is important for me to be physically active.
2. Where I can go to get fit, and how to get started.
3. What are actions and activities I can do to increase my level of physical activity.
What prompted you to become physically active, and how did you start?
Ashley
Shannon
It’s important for YOU to be physically active

- Prevent or slow down secondary conditions that may accompany Spina Bifida
- Greater independence
- Less pain
- Feel good!
It’s important for YOU to be physically active
It’s important for YOU to be physically active
What would you tell a person trying to get active for the first time, or who has been inactive for a while?
Exercises you can do at home, at a gym, or in your neighborhood

- **Exercises for People with Spina Bifida**
- **Inclusive Fitness Tips - Seated Wall Balls (video)**
- **Inclusive Fitness Tips - Wheelchair Burpees (video)**
Exercises you can do at home, at a gym, or in your neighborhood

- **Rubber Banditz**
- **Discover Accessible Fitness – A Wheelchair User’s Guide for Using Fitness Equipment**
- **Orange Theory Fitness**
- **YMCA**
Additional Resources

• NCHPAD Physical Activity Resources

• How to Choose a Fitness Center (video)
Questions?

Please evaluate this presentation!

https://www.surveymonkey.com/r/GetFitStayHealthy
Archived Recording

Facebook:
Adults with Spina Bifida
Spina Bifida Association on Facebook

Instagram:
Spina Bifida Association
Contact us

Judy Thibadeau,
jthibadeau@sbaa.org

Juanita Panlener,
jpanlener@sbaa.org
Thank you!

Stay tuned for the next SB-YOU webinars in 2019