



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

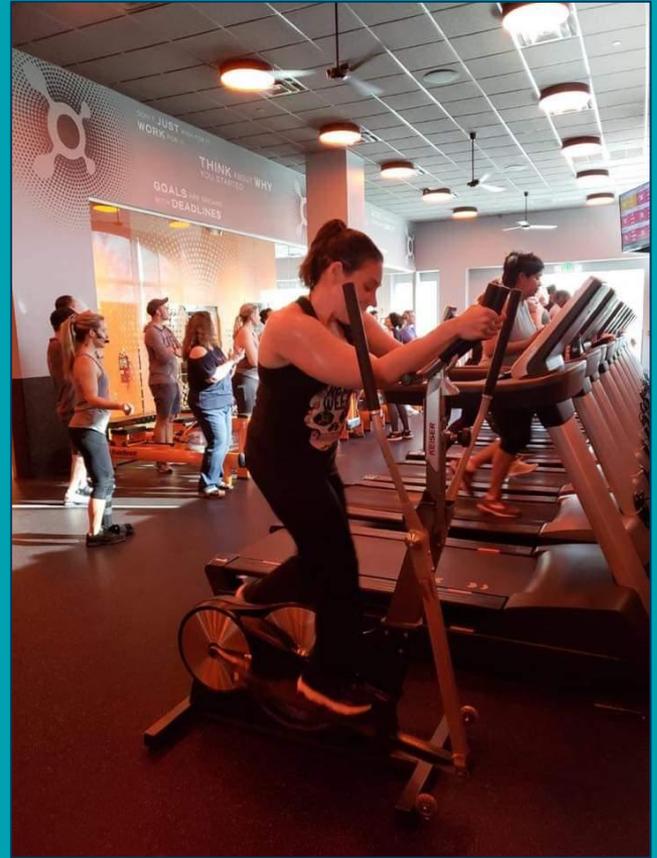
- 1. Why it is important for me to be physically active.**
- 2. Where I can go to get fit, and how to get started.**
- 3. What are actions and activities I can do to increase my level of physical activity.**

What prompted you to become physically active, and how did you start?

Ashley



Shannon

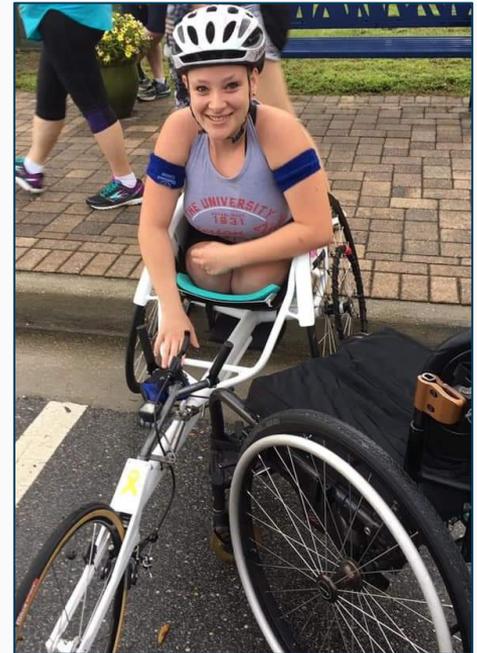


Kerri



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/GetFitStay
Healthy](https://www.surveymonkey.com/r/GetFitStayHealthy)**

Archived Recording

Facebook:
Adults with Spina Bifida
Spina Bifida Association on Facebook

Instagram:
Spina Bifida Association

Contact us

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Thank you!

Stay tuned for the next SB-YOU webinars in 2019

