

General Resources for Physical Activity, Health and Wellness: Physical Therapist Resource

Adaptive Exercise Equipment:

- http://scihealth.org/RRTC/publications/PDF/Adaptive_Exercise_Information.pdf
- Rx for Exercise app/website:
<https://play.google.com/store/apps/details?id=org.foundationforpmr.rxforexercise&hl=en>

American College of Sports Medicine (ACSM's) Exercise is Medicine:

- Physical Activity Resources:
https://www.exerciseismedicine.org/support_page.php/health-care-providers/

American Physical Therapy Associated (APTA):

- Academy of Neurologic Physical Therapy Health Promotion and Wellness resource page:
<http://www.neuropt.org/professional-resources/practice-resources/health-promotion-and-wellness>
- APTA Community: Council on Prevention, Health Promotion, and Wellness in Physical Therapy (APTA Members Only): <http://communities.apta.org/p/co/ly/gid=182>
- APTA: Physical Fitness for Special Populations Pocket Guides, including fall risk, pulmonary pathology, spinal cord injury, stroke, and type II diabetes:
<http://www.apta.org/PFSP/>

Certified Inclusive Fitness Trainers (CIFT):

- Certified Inclusive Fitness Trainers (CIFTs) who have undergone certification through the American College of Sports Medicine (ACSM) and NCHPAD can provide personal training services to people with health conditions and disabilities. This is not training exclusive to one neurologic condition, as these trainers are more likely to have experience and training in exercise for people with a variety of disabilities. A directory is available here: <https://certification.acsm.org/pro-finder>
- Certification Information: <http://incfit.org/node/802>

National Center for Health, Physical Activity and Disability (NCHPAD): National Center on Health, Physical Activity and Disability (NCHPAD) has a national directory of programs, facilities, and organizations that are available for people with health conditions and disabilities: <http://www.nchpad.org/Directories>

Examples of NCHPAD program and resources:

- Exercise Guidelines for People with Disabilities
<http://www.nchpad.org/14/73/Exercise~Guidelines~for~People~with~Disabilities>

- Discover Accessible Fitness: booklet that serves as a guide for individuals using wheelchairs for using fitness equipment.
<http://www.nchpad.org/discoverfitness/index.html>
- Life on Wheels: “a guide for living a healthy, active life with a spinal cord injury”
<http://www.nchpad.org/1200/5830/Life~on~Wheels>
- 14 weeks to a healthier you (a 14-week physical activity and nutrition program for people who are sedentary): <https://www.nchpad.org/14weeks/>
- Get the Facts: <https://www.nchpad.org/Get~the~Facts/>
- Champion’s Rx (a daily exercise program that provides a daily suggested workout for people who are active): <https://www.nchpad.org/CRx>
- List of Trainers: <https://www.nchpad.org/Directories/Personal~Trainers>

National Institute on Aging (NCOA):

- Physical Activity and Nutrition Resources: <https://go4life.nia.nih.gov/>
- Evidence-based programs listings: <https://www.ncoa.org/resources/ebpchart/>. Examples include Matter of Balance, Enhancing Fitness and many more.
 - These programs are evidence-based and have standardized procedures for community implementation in local organization such as Y-USA.
 - See <https://geriatricspt.org/members/publications/gerinotes/2019/26-3/GeriNotes-26-3.pdf> for more information.

The Y-USA (YMCA)

- Health Wellbeing and Fitness offerings: <http://www.ymca.net/health-wb-fitness>

U.S. Department of Health and Human Services (DHHS):

- Physical Activity Guidelines for Americans: <https://health.gov/paguidelines/second-edition/>

VA Whole Health Library:

https://www.va.gov/PATIENTCENTEREDCARE/features/Whole_Health_Virtual_Library.asp