

How to Sign Up:

If you decide to participate or have questions, please call for an appointment for evaluation.

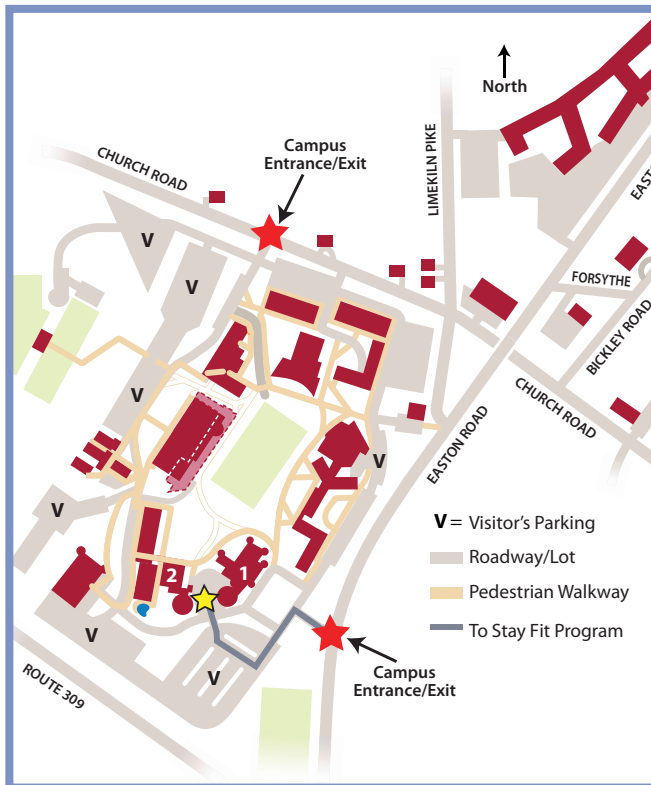
Janet Readinger, DPT
215-572-2144

Ask your physician for a statement that you are cleared to exercise.

This can be faxed to:

215-572-2157

Payment can be made when you start the class.



- 1 - Grey Towers Castle
- 2 - Health Sciences Center
- ★ - Stay Fit Program

The Physical Therapy Department is located in the Health Sciences Center at Arcadia University.

Janet Readinger, DPT
Physical Therapy Department

Phone: 215-572-2144

Fax: 215-572-2157

E-mail: readingj@arcadia.edu

Website: www.arcadia.edu/pt

ARCADIA
UNIVERSITY

450 S. Easton Road, Glenside, PA 19038



The Dan Aaron
Stay Fit Exercise Program
for Individuals with Parkinson's Disease
or Multiple Sclerosis



ARCADIA
UNIVERSITY

What is “Stay Fit”?

The Arcadia University Department of Physical Therapy offers a group exercise program for individuals with Parkinson’s Disease or Multiple Sclerosis.

The “Stay Fit” program is designed for those individuals who desire to exercise and keep active, but cannot go to a regular gym because of slowness, stiffness, difficulty with balance or other safety issues. We can accommodate most levels of ability.

Participants exercise in a group under the direction of student physical therapists, directly supervised by physical therapists with experience in the treatment of persons with neurologic disease.



stay active

Program Format

One hour of exercise twice a week:

- Seated **warm-up** mobility exercises to music
- **Strengthening** for upper and lower extremities using hand weights and exercise tubing
- **Cycling** on recumbent bikes with back support
- Assisted **stretching** techniques
- Standing **balance** practice



All participants are required to have a referral or approval to exercise from a physician. An individual evaluation by the director of the program is required to determine the appropriate level of exercise before entry into the group class.

The “Stay Fit” program will not replace specific physical therapy when needed and is not reimbursable as physical therapy.

stay fit

Class Times

Tuesdays and Thursdays:

1:30–2:30 p.m. OR 3–4 p.m.

The class runs from September to December and February to May. *During the summer the class is offered only one day a week.*

Cost

\$60 for 2 sessions/week for 6 weeks

\$30 for 1 session/week for 6 weeks

Checks payable to Arcadia University Stay Fit. Stay Fit is not reimbursable as Physical Therapy.

Location

Arcadia University
Health Sciences Center
450 S. Easton Road
Glenside, PA 19038

Intersection of Church Rd. (Rte. 73)
and Limekiln Pike (Rte. 152)

Accessibility

- Wheelchair-accessible level entrance with automatic doors.
- Assistance available from physical therapy students if needed.
- Students will park cars at no charge if permission is given.

exercise