NCPAD NEWS: June 2009

A monthly publication of NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY www.ncpad.org.

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From the Editor's Desk: Let's Hear It for the Boy

This is not the first time that I have referenced an ‘80s hit song in my Editor's note, and I doubt it will be the last! But the title seemed to fit perfectly for this month as we honor the men in our lives by celebrating both Father's Day and National Men's Health Month. Read this month's Nutrition Column for some healthy eating tips targeting common health concerns in men. Show your men how much you care by sharing these
tips with them, then spending some healthy quality time together by going for a walk or wheel in a scenic location (like a favorite fishing pier) or doing an activity like bowling which allows for more visiting and actual conversation throughout than other more fast-paced activities or sports. Check our website for ideas or for tips on adaptations to activities, or search our directories for locations of programs near you.

Send your questions and comments to Blythe Hiss, NCPAD News Editor, at sbonne2@uic.edu.

Get a Voucher for a Free Airline Ticket

Join the 2009 All Abilities Team for the Breast Cancer 3-Day and get a voucher for a free airline ticket, August 7-9, 2009, Chicago, IL

Last year, a group of participants with mobility disabilities became the heroes of Team All Abilities, walking and manually wheeling their way to a place in Breast Cancer 3-Day history.

Thanks to American Airlines, ten travel vouchers for free airline tickets are available for those traveling to Chicago, Illinois to participate in this event on August 7-9, 2009.

For information about the 3Day Breast Cancer Event or to register for the All Abilities Team, go to http://www.The3Day.org/goto/AllAbilities or contact 800-996-3DAY.

For more information on the airline vouchers, please contact the National Center on Physical Activity and Disability at 800-900-8086 or email mmccal1@uic.edu.

Director's Column: Obesity and Mental Illness

The rate of mental illness in this country is staggering. One study reported that approximately 21 million adults have some form of mental illness. Conditions such as bipolar disorder, schizophrenia, obsessive-compulsive disorder, depression, and other disorders often wreak havoc on the individual as well as his or her family and friends. In some respects, the fact that there are no visible signs of a disability makes it even more difficult for many people to understand the magnitude of psychological pain that a person may be experiencing within his or her own mind, which often results in friends and family members removing the person from their social network so they don't have to deal with the high and low cycles associated with mental illness.


From the Information Specialist's Desk: New Exercise Video on Limb Loss

We are excited to announce the release of a new exercise video geared toward people who have experienced limb loss. For more information about the video, and to watch clips of its cardiovascular, strengthening, or flexibility portions, go to this month's NCPAD Video Corner at http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=716.

This month we also celebrate the long-awaited first day of summer, so read on through the monthly observances for resources on taking part in some fun outdoor summer activities that can get you back to nature. Don't forget your sunscreen, and enjoy!
Monthly Observances:

National Cancer Survivors Day, June 7, 2009
National Cancer Survivors Day Foundation
615-794-3006
info@ncsdf.org
http://www.ncsdf.org

Related NCPAD Resources:

- Cancer and Exercise
- Cancer
- Nutrition Tips for Persons with Cancer

National Dairy Month
National Dairy Council
http://www.nationaldairycouncil.org/
312-240-2880

Related NCPAD Resources

- Low-Fat Dairy Meals
- The Calcium/Vitamin D Connection

National Fishing Week, June 6-14

Related NCPAD Resources:

- Fishing

National Camping Month

Related NCPAD Resources:

- Camping, Backpacking and Hiking
- Camping

National Zoo and Aquarium Month
F.I.T.T. Column: School's out for summerLet's Rock and Roll!

If you are currently a student, have a child in school, or just live in a seasonal climate, the arrival of summer is a much-anticipated event. The anticipation of summer is immortalized by the 1972 title track, "School's Out," by Alice Cooper, that I know you are all singing in your head right now!

But unlike the song, school is not out forever. At least not for health and fitness professionals who want to expand their knowledge and gain a unique distinction among their peers. If you are ready to learn more and find out why Scot Hollenbeck, Director of Partnerships and Outreach for the American Association of Adapted Sports Programs (AAASP), thinks it's important to gain exposure to the world of disability and disability sports, read this month's F.I.T.T. column and get ready to "rock and roll"!

To read this column, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=718.

Nutrition Spotlight: The Importance of Men's Health

Men's Health Week occurs every June during the week leading up to and including Father's Day. This year it will take place June 15-21. The purpose of Men's Health Week is to increase the awareness of preventable health problems and encourage early detection and treatment of disease among men. This initiative encourages men and boys to seek regular medical advice and early treatment for disease and injury. There are hundreds of awareness activities in the U.S. and around the world in June to promote men's health.


NCPAD New Product: Exercise with Limb Loss

NCPAD, along with the Rehabilitation Institute of Chicago (RIC), is pleased to present this exciting new exercise video designed specifically for individuals who have experienced limb loss. With narration by Director of the Illinois Department of Veterans Affairs and Iraqi war veteran Tammy Duckworth, this video features a 25-minute aerobic segment, as well as strengthening and flexibility segments for a well-rounded exercise program.

To find out more and watch video clips directly from this new video, go to http://www.ncpad.org/videos/fact_sheet.php?sheet=716.

Community Voice: Racin' with Rausin

In March 2008, NCPAD attended the Emory Invitational Wheelchair Track Meet in Atlanta, Georgia. The meet was the nation's first high school and collegiate invitational for athletes with disabilities. Emory's Department of Physical Therapy and the American Association of Adapted Sports Programs (AAASP) co-
hosted this one-of-a-kind event.

Young athletes traveled from all parts of the U.S. to compete in this event, including Arielle Rausin, a 16-year-old girl that traveled from Florida with her family to compete. While at the meet, we interviewed Arielle, a promising young athlete who has only been wheelchair racing for the last 2 years. Though she credits her involvement in racing with giving her a sense of accomplishment and motivation to strive for bigger goals (i.e., 2016 Paralympics), for now she is just enjoying racing and being an athlete.

To watch the video interview, as well as footage from the track meet, go to http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=717.

**NUDGE: Silent Coach**

Created as a teaching tool for coaches, the Silent Coach is a small electronic device that vibrates. It comes with a Velcro strap, which can be strapped to an individual's arm or leg, and then the remote control is used to send reminders to students by assigning certain instructions to specific vibrations. For example, coaches can assign a specific vibration to remind an individual to keep his or her chin up, look forward or keep his or her legs slightly bent without having to verbally repeat it. The Silent Coach could be a useful option for those who coach or train Deaf or hard-of hearing athletes or clients.

Additional benefits of using this device may include:

- Assist with fixing bad habits (form);
- Help reinforce muscle memory;
- Allow the coach/trainer to be heard from a distance without shouting.

For more information on the Silent Coach, go to: [http://www.silentcoach.net](http://www.silentcoach.net) or call 858-455-5548.

**Book Review: Implementing Recreation and Leisure Opportunities for Infants and Toddlers with Disabilities**


The purpose of this book is to enhance and expand how recreation and leisure for young children and their families are perceived. Its goal is to make more people aware of the many opportunities available for leisure activities in everyday life, at home, in day care, and within the community. It also contains several practical suggestions to help make this happen and shares a wide range of play activities to help stimulate cognitive, social, and emotional development.

Chapters include:

- Early Intervention Services for Infants and Toddlers with Disabilities
- Recreation and Leisure for Young Children
- Recreational Opportunities for Families of Young Children with Disabilities
- Recreational or Leisure Activities and the Development of Cognition in Young Children with Disabilities
- Adaptive Approaches to Recreation and Leisure Activities for Infants and Toddlers
- Implementing Recreation and Leisure for the Young Child with Health in Mind
- Development of Recreation and Leisure Through Art Interventions

Created by: David S. Geslak, CSCS

David Geslak, creator of The Exercise Connection™, has developed a 5-step video program designed to address body image, posture, motor coordination, muscular fitness, and cardiovascular fitness in children and adults with autism spectrum disorder. These fun, interactive workouts for the home or classroom combine aerobics and strength training and are designed to be used in combination to improve core stability, balance, cardiovascular endurance, and muscular strength. The DVD includes demonstrations of various exercises as well as an exercise prescription card and PECS board.

Using the Exercise Connection DVD, exercise can be done almost anywhere, and gives parents an opportunity to spend time with their child while being a role model for a physically active lifestyle. The exercises demonstrated in the video are simple to follow and use easily acquired equipment. For more information or to order this product please visit, http://ecautism.com/buy.html or call 630-418-4050.

Emerging Evidence in Health and Disability: Therapeutic effects of strengthening exercise on gait function of cerebral palsy


Researchers in this study were interested in whether there is a connection between strength training and the improvement of muscle strength and tone, as well as gait function, in people with cerebral palsy. A total of 16 participants, between the ages of 4 and 12 years, were recruited for the study and randomly assigned into either the control group (n=8) or the experimental group (n=9). A 5-week strengthening program (3 times a week for 1 hour) was assigned to the experimental group, focusing only on the lower limb muscle groups, while conventional physical therapy was provided for the control group. All participants were examined for muscle tone and strength of lower limb, Gross Motor Function Measure, lateral step up, squat to stand, and three-dimensional gait analysis at pre-training, post-training, and 6-week follow up. Although it generally resulted in the experimental group scoring higher or better to that of the control group, analysis did not demonstrate a significant increase of strength in the major muscle groups of the lower limbs between the two groups. However, since the program did show functional improvements of the lower limbs, the strengthening exercise program could be used to help improve gait functions of individuals with spastic cerebral palsy.


In the News ....

Accessible Information Exchange: Meeting on a Level Playing Field

Issued by the U.S. Department of Justice, this publication focuses on planning and conducting meetings and events that are accessible to people with physical and sensory disabilities.
For more information, go to http://www.ada.gov/business/accessiblemtg.pdf.

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**2008 BRFSS Data and Documentation Online Tables Now Available**

Centers for Disease Control and Prevention's (CDC) Behavioral Surveillance Branch is pleased to announce the release of the 2008 Behavioral Risk Factor Surveillance System (BRFSS) data and documentation and prevalence and trends tables.


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**Disability Organizations Directory, Disaboom.com**

This recently launched directory identifies almost 450 organizations, ranging from local to international, that work to improve the lives of people with disabilities. The Directory is divided into three categories: Major Disability Organizations, Disability-Specific Organizations, and Organizations for Living with Disabilities. Each organization's listing contains brief information about the organization, its mission and services, and a link to the organization's website. Nonprofits, government agencies, and education services are included.


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**Tommy Wilson Memorial Grant, American Association for Physical Activity and Recreation (AAPAR)**

Application Deadline: December 1, 2009

AAPAR has reconfigured a past award into a new grant opportunity. The Tommy Wilson Memorial Grant will give up to $1,500 to a nonprofit entity to directly support recreation programs for people with disabilities. The grant is made possible by the Tommy Wilson family, which originally established the award in 1975 in remembrance of their son, who had cerebral palsy and died at the age of 16. The deadline for submissions is December 1, and grants will be presented at each annual Convention of the American Alliance for Health, Physical Education, Recreation and Dance.

For more information, go to http://www.aahperd.org/aapar/ or contact AAPAR at aapar@aahperd.org.

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**Camp Abilities Road Trip**

Justin Haegele, a recent SUNY Brockport graduate with a Master's degree in adapted physical education, and Matt Mescall, an undergraduate in the same program, are hitting the road on a 3-week trip from New York to Camp Abilities Alaska in Anchorage. During their 4,000+-mile adventure, Haegele and Mescall hope to raise awareness about Camp Abilities, a developmental sports camp for children ages 9 to 19 with visual impairments or deaf-blindness. The road-trippers will stop at colleges, universities, and state schools for the blind to talk about Camp Abilities, which has nine camps throughout the US and Puerto Rico.

Virtually take part in their journey by visiting www.CAARoadTrip.weebly.com, and offer words of encouragement while they're on the road by calling 516-312-8361. "I am sure there will be times when we
will need to hear voices other than our own," Justin says. Happy trails, gentlemen!


By Doug Garner, Coach of the University of Texas at Arlington's Wheelchair Basketball Movin' Mavs

Excerpt: Unfortunately, there are many students in this country who never have the opportunity to participate in a school sport. They never get the valuable advice that a good coach/mentor can give and they do not have the opportunities to experience the life lessons or develop the self-confidence that participation in a quality sport program can provide. In the vast majority of schools across the United States, sport programs for students with physical disabilities do not exist. Despite the passage of federal legislation supporting the rights of students with disabilities, the majority of United States schools do not provide interscholastic or extracurricular sport programs for students with physical disabilities.


**Newsletter, "Promoting Health through Physical Activity," Prevention Research Center, University of South Carolina (USC)**

This USC PRC, who has recently been approved for another 5-year cycle of support from Centers for Disease Control and Prevention (CDC), continues to explore multiple strategies to promote physical activity in underserved populations. One of its methods for communicating breaking news from science, practice, and advocacy is its newsletter, which can be accessed at [http://prevention.sph.sc.edu/newsletter/2009/2009_index.htm](http://prevention.sph.sc.edu/newsletter/2009/2009_index.htm).

**Events, Conferences and Programs**

Below is a select listing of upcoming events and conferences. For a complete listing, go to the NCPAD calendar at [http://www.ncpad.org/events/index.php](http://www.ncpad.org/events/index.php).

**Webinar on Exercise Guidelines for Individuals with Neuromuscular Disabilities, Thursday, June 18, 2009, 12-1 p.m. EST**

Presented by: Dr. James Rimmer, University of Illinois at Chicago

This presentation will focus on health issues and exercise guidelines for people with musculoskeletal/neuromuscular disabilities, and will present an overview of resources available to professionals through the National Center on Physical Activity and Disability ([http://www.ncpad.org](http://www.ncpad.org)). Cost is $10 for CEPA members and $25 for non-CEPA members and has been approved for 1 CEC by the ACSM (American College of Sports Medicine). Access to the Internet and a phone line are required. For more information, such as system requirements, or to register, go to, go to [https://www.acsm-cepa.org/i4a/ams/conference/conference.cfm?conferenceID=94](https://www.acsm-cepa.org/i4a/ams/conference/conference.cfm?conferenceID=94).

**Chicago Cubs Baseball Sports Camp for Youth with Disabilities, National Sports Center for the Disabled and Chicago Park District, June 13, 2009**
This free interactive camp allows youth with disabilities, either physical or developmental, ages 6-18 to experience first-hand the sport of baseball and wheelchair softball. This fun-filled day will include instruction and skill development, use of equipment, games, prizes and end with a snack. Appearances could include players, coaches and alumni players.

Saturday, June 13, 2009
9:45 am - 12:00pm
Cubs Care Field @ California Park
3843 N. California Ave.
Chicago, IL 60618

For more information and to register, go to http://www.nscd.org/programs/sportscamp_cubs.htm or contact Scott Dameron at 303-293-5310 or sdameron@nscd.org.

First Annual "Rock on the Green" 5K & 2K Walk and Spin-a-thon, Challenged Athletes Foundation (CAF), September 12, 2009, San Francisco, CA

CAF brings an "all-inclusive" day of fitness to athletes of all ability levels with this first-ever event. Participants can choose from a 5K walk, 2K walk, or a 3-hour Spinning® ride featuring choreographed cycling sessions led by special guest instructors, including Johnny G, creator of Spinning and Kranking®. A health fair and kid-friendly booths will help make this a memorable day.

To register or for more information, go to http://www.rockonthegreen.com or contact Gail Baumgarten at 925-838-2277 or rockonthegreen9-12@sbcglobal.net.

Krankcycles® are stationary hand cycles focusing solely on upper-body cardiovascular training. For more information on Krankcycle, go to http://www.ncpad.org/fitt/fact_sheet.php?sheet=638.

For information regarding the Challenged Athletes Foundation, please visit http://www.challengedathletes.org.

RoShawn's Red Carpet, Northlake, IL

This program, which incorporates yoga and other recreational and physical activities, was designed for children ages 5 to 10, with and without disabilities, to have a safe place all year for recreational activities. Activities are taught and/or supervised under professional licensed recreational therapists and licensed fitness/yoga instructors and take place Monday through Friday, 3 p.m. -6 p.m.; Rates: daily $25; weekly $100; monthly $350.

For more information, go to http://www.roshawnsredcarpet.com or contact Roshawn at 708-415-4859 or roshawnsredcarpet@live.com.

AUCD 2009 Annual Meeting: Coming Together to Address the Challenges and Opportunities for Change in Disabilities Research, Education, Service, and Policy, November 8-11, 2009, Washington, DC

Proposal Deadline: June 19, 2009
The Association of University Centers on Disabilities (AUCD) invites you to submit an application to present your research, activities, and projects at the AUCD 2009 Annual Meeting. Additional conference information is available at: http://www.aucd.org/template/news.cfm?news_id=3893&parent=641&parent_title=2009%20AUCD%20Annual%20Meeting%20&%20Conference.

**Call for Papers, Special Issue on Disability, The Lancet**

Deadline: July 31, 2009

The Lancet, the second-highest-ranked medical/health journal in the world, is preparing to publish a special issue later this year on the topic of disability. The special issue will coincide with World Disability Day on December 3, 2009.

For more information on this special issue, go to [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60631-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60631-0/fulltext).

To submit a paper, go to [http://ees.elsevier.com/thelancet](http://ees.elsevier.com/thelancet).

**All Abilities Team, Breast Cancer 3-Day Event, August 7-9, 2009, Chicago, IL**

Recruiting Team Members of ALL Physical Abilities!

For more information about the 3-Day Breast Cancer Event, go to [http://www.The3Day.org](http://www.The3Day.org). To register for this team, call 800-996-3DAY and specify that you are joining the All Abilities Team. For more information, you may also call 800-900-8086 or email Blythe Hiss at sbonne2@uic.edu.

**Abilities Expo, June 25-27, 2009, Schaumburg, Illinois**

Abilities Expo is dedicated to educating and improving the lives of Americans with disabilities, senior citizens, families, caregivers, healthcare professionals, professional therapists, and corporate ADA administrators.

If you have questions or comments, please call Sarah Galbraith at 717-260-0351. To learn more about Abilities Expo, visit [http://www.abilitiesexpo.com](http://www.abilitiesexpo.com).

Other 2009 Show Dates:
- Atlanta - November 5-7 - Cobb Galleria Convention Center

**Call for Hosts, Inclusive Playgrounds Awareness Event, Inclusive Fitness Coalition (IFC)**

The IFC is calling for advocates, community groups, families, and other related organizations to host awareness events focusing on inclusion at various playgrounds across the world. Plan an event in your community and help spread the word and educate others who may not be aware of the benefits of inclusive design and play. Inform the IFC of your plans and let it help disseminate this information. Participating playgrounds/groups will be submitted for possible inclusion in a series of articles for national magazines, in addition to the IFC website and newsletter.
If you would like to host an event, please contact Jessica Madrigal at jmadri1@uic.edu. To find out more about IFC's Inclusive Play Workgroup, go to http://www.incfit.org/node/169.

**Employment**

*Please see the online links listed for each position and/or go to NCPAD "Jobs" at http://www.ncpad.org/employment/ for further descriptions of these job listings and others.*

**Employment Opportunities, Association of University Centers on Disabilities (AUCD), Silver Spring, MD**

AUCD has positions available at the central office as well as within the AUCD network. More recent employment opportunities include the following:

- Project Specialist, AUCD central office, Silver Spring, MD
- Program Manager/Specialist, AUCD central office, Silver Spring, MD
- Associate Director, Child Development & Rehabilitation Center (CDRC), Principal Investigator, Oregon Institute on Disability & Development (OHSU UCEDD)

Website: http://www.aucd.org/template/page.cfm?id=158
Inquiries: 301-588-8252

**Grants and Funding Opportunities**

**Bioenergetics, Fatigability, and Activity Limitations in Aging (R01, R03, R21), National Institutes of Health**

This R01 FOA encourages applications proposing to study bioenergetic factors underlying increased fatigability and activity limitations in aging by elucidating specific alterations in bioenergetics related to increased fatigability and activity limitations; developing and evaluating improved measures of fatigability related to bioenergetics; and evaluating interventions for increased fatigability and activity limitations that target alterations in bioenergetics and lead to improved quality of life.

For more information, go to http://grants.nih.gov/grants/guide/pa-files/PA-09-190.html.

The R03 grant mechanism supports different types of projects including pilot and feasibility studies; secondary analysis of existing data; small, self-contained research projects; development of research methodology; and development of new research technology. The R03 is intended to support small research projects that can be carried out in a short period of time with limited resources. For more information on the R03 mechanism, go to http://grants.nih.gov/grants/guide/pa-files/PA-09-192.html.

This FOA will use the NIH Exploratory/Developmental (R21) grant mechanism and runs in parallel with the R01 and R03 mechanism. For more information on the R21 mechanism, go to http://grants.nih.gov/grants/guide/pa-files/PA-09-191.html.

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**American Association on Health and Disability (AAHD) Scholarship Program, 2009-2010**

The AAHD Scholarship Program, created in 2009, will support students with disabilities who are pursuing
The AAHD Scholarship Program, created in 2009, will support students with disabilities who are pursuing higher education. Preference will be given to students who plan to pursue undergraduate/graduate studies in the field of public health, health promotion, disability studies, disability policy, and disability research. Scholarships will be limited to under $1,000.

For more information, go to [http://www.aahd.us/page.php?pname=Scholarship%20Program&PHPSESSID=e7e9e03861db51e5a6bc97bd61145ec4](http://www.aahd.us/page.php?pname=Scholarship%20Program&PHPSESSID=e7e9e03861db51e5a6bc97bd61145ec4).

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**Application deadline:** June 22, 2009

For the third year, APHA is looking for candidates (who are APHA members, have 5 years of experience in a public health position, and who have a graduate degree in a public health discipline) who wish to spend 1 year in a congressional office on legislative and policy issues related to health, the environment, or other critical public health issues. The fellowship is designed to provide a unique public policy learning experience, to demonstrate the value of science-government interaction, and to make practical contributions to enhancing public health science and practical knowledge in government.

Applications and additional information are available at [http://www.apha.org/advocacy/fellowship/](http://www.apha.org/advocacy/fellowship/).

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**Nutrition Obesity Research Centers Grant, National Institutes of Diabetes and Digestive and Kidney Diseases, National Institutes of Health**

**Closing Date:** November 18, 2009

This FOA solicits grant applications from institutions/organizations that propose to establish core centers that are part of an integrated program of nutrition and/or obesity research.


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**Research to Aid Persons with Disabilities (RAPD), National Science Foundation**

**Closing Date:** September 15, 2009

The RAPD program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of particular recent interest are disability-related research in neuroscience/neuroengineering and rehabilitation robotics.

For more information, go to [http://www07.grants.gov/search/search.do?oppId=45854&mode=VIEW](http://www07.grants.gov/search/search.do?oppId=45854&mode=VIEW).

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**Participation in Research**

**Body Composition Assessment In Spinal Cord Injury, Hunter Holmes McGuire VA Medical Center, Richmond, Virginia**
Are you:

- 1-year after spinal cord injury
- Between ages of 18-65
- Available for 2 consecutive days
- Located in the Richmond area

If you answered YES to these questions you may be eligible to participate in a spinal cord injury research study to evaluate and compare different ways of measuring body composition (amount of fat, muscle, bone and water in your body) and to determine relationships with other health conditions. This study is being conducted by Dr. David Gater. Study treatment will be provided at no cost. You will be paid $100 for participation and an extra $10 for parking costs.

If interested please contact Joshua Miller at (804) 675-6200 or Joshua.Miller@va.gov.

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**Exercise to Reduce Obesity in Spinal Cord Injury, Hunter Holmes McGuire VA Medical Center, Richmond, Virginia**

Do you meet these criteria:

- 1-year after injury
- Willing to exercise 5 days per week
- Available for 5 consecutive months
- Located in the Richmond area

This research study is being conducted by Dr. David Gater. The purpose is to evaluate and compare the benefits of arm exercise vs. leg exercise using electrical stimulation. Payment available.

If interested please contact Joshua Miller at (804) 675-6200 or Joshua.Miller@va.gov.

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**Would You Like to Know How Accessible Your Fitness/Recreation Facility Is?**

The University of Illinois at Chicago is looking for health and fitness professionals who are employed at a fitness/recreation facility to complete an accessibility survey on their facility as a part of a national study. Facility staff that participates in the study will have the option to receive feedback and advice on ways to further improve the accessibility of their facility.

If you would like more information on the study, please contact Carolyn Lullo in the Department of Disability and Human Development at clullo2@uic.edu or 312-355-1400, or go to [http://www.ncpad.org/survey/survey.php?sid=74](http://www.ncpad.org/survey/survey.php?sid=74).

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**Electrical Stimulation Training of Paralyzed Muscle, University of Georgia and Shepherd Center, Atlanta, GA**

If you are between the ages of 18 and 59, live in the Northeast Georgia area, and have complete paralysis of lower legs, you can be a research subject to test whether home-based electrical stimulation training can
improve glucose tolerance and reduce diabetes.

For more information, contact Kevin McCully, Ph.D., Kinesiology Department, University of Georgia, at 706-542-1129 or mccully@uga.edu.

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**Request for Research Participants, Department of Disability and Human Development, University of Illinois at Chicago**

The University of Illinois at Chicago is looking for children with disabilities aged 12-18 and their parents/caregivers to complete an Internet-based survey on the lifestyle and environment of adolescents with disabilities. This survey can be found by visiting [http://www.healthforyouth.org](http://www.healthforyouth.org) and entering the access code: NCPAD.

For more information, or if you have difficulty accessing the survey, please contact Brienne Davis in the Department of Disability and Human Development at bdavis7@uic.edu or 312-355-4054.

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**Research Participants Needed to Help Develop Universally Accessible Exercise Equipment, University of Illinois at Chicago (UIC)**

If you are between the ages of 18 and 50, live in the Chicago area, are healthy, and use a manual (non-electric) wheelchair, you can be a research subject to test and evaluate new accessible exercise equipment. The total time commitment is about 1 hour and compensation will be provided.

This research is directed by Karen L. Troy, Ph.D., in the Musculoskeletal Biomechanics Laboratories at UIC. For more information, please call 312-413-9432 or email klreed@uic.edu.

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