

## Get Fit with a Buddy

**BORP Fitness Buddy Program**



Do you have a Spinal Cord Injury and would like to achieve a healthier lifestyle? Finding a Fitness Buddy can help you achieve your goals. Let BORP help!

- Cycling
- Strength Training
- Cardio Sessions
- Zumba
- Yoga
- And More!

email [cynthia@borp.org](mailto:cynthia@borp.org) for more information

Bay Area Outreach & Recreation Program (BORP) [www.borp.org](http://www.borp.org)

[BORP](#) is launching a new Fitness Buddy Program for people with spinal cord injuries and you're invited to participate. This program will pair participants together to establish a workout regimen and to help motivate each other to achieve their fitness goals.

**How does the Fitness Buddy program work?** All interested participants will need to fill out the [Fitness Buddy Application](#) after which we will assign everyone an exercise buddy based on proximity to each other, level of spinal cord injury and stated gender preference for a partner. We will do our best to match people according to their criteria however meeting everyone's needs will be dependent on how many and who signs up.

An orientation meeting will be held at the **BORP fitness studio in Berkeley on Saturday April 13th, 2-3:30**. ATTENDANCE IN PERSON IS HIGHLY ENCOURAGED but if you are unable to attend, we will follow up with you individually. At this orientation, you will learn about stretching, strengthening and resources that will help you to create a workout plan with

your buddy.

You and your buddy will then decide to work out together, independently, or both. It will be up to you to decide what activity/s to participate in. Examples of an exercise activity may include; cycling, wheelchair basketball, quad rugby, weight-training, swimming, dancing, hiking, yoga and more.

If you choose to work out independently you will have a weekly check in with your buddy to share how you met your exercise goals for the week and to make a plan for the following week. This can be done by email, phone, Skype-type programs or whatever way works best. The reasoning for weekly check-ins is that being accountable to someone else will help to motivate participants to exercise regularly.

There will also be 2 group check-ins via a conference call. BORP staff will facilitate this Fitness Buddy program for 6 months after which we hope participants will continue with their fitness program long afterwards.

It's that simple and there is no time like the present to get fit!

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