

Exercise DVDs

Below are exercise tapes/DVDs that have been reviewed by people with spinal cord injuries (both individuals with tetraplegia and paraplegia) and people with limited mobility who are exercising from a seated position. Some of the tapes/DVDs were developed for people with SCI or persons with limited lower body strength and some are upper body workouts for people without disabilities.

(Difficulty rating is on a scale of 1 to 5 with 5 being the most strenuous.)

Armchair Aerobics

Instructor: Betty Switkes

Length: 60 minute; Three 20 minute routines

Price: \$39.95

<http://www.armchairfitness.com/araer.html>

Description from the website: This is the classic, award-winning 60-minute program used by tens of thousands of people of all ages. It contains three 20 minute routines of lively stretching and strengthening motions with big band-style musical accompaniment. Inspiring veteran teacher Betty Switkes leads the routines.

Yoga Health

Instructor: Betty Switkes

Length: Three 27 minute sessions

Price: \$39.95

<http://www.armchairfitness.com/yogahealth.html>

Description from the website: Master teacher and health educator Pat Hulbert leads participants in three 27 minute sessions of breathing for relaxation, coordinated stretching, and yoga movements seated in a chair. This program is recommended as a tranquil supplement to the other Armchair Fitness programs. Regular practice of rhythmic stretching and relaxation promotes confidence, a deepened sense of wellbeing and serenity. The movements require no prior yoga experience.

Lisa Ericson's Seated Aerobic Workout

Instructor: Lisa Ericson

Length: approximately 60 minutes

Price: \$19.95 plus \$5.00 shipping and handling fee

Available through her website

<http://www.seatedaerobics.com/contact.html>

Chair Aerobics for Everyone - Wheelchair Workout

Instructor: Amanda Cook

Length: 38 minutes

Price: \$24.99

Available from Amazon.com

http://www.amazon.com/Chair-Aerobics-Everyone-Wheelchair-Workout/dp/B0026P4DQY/ref=sr_1_2?s=movies-tv&ie=UTF8&qid=1347655067&sr=1-2&keywords=Chair+Aerobics+for+Everyone++Wheelchair+Workout

Amazon description: The Wheelchair Workout DVD features a series of fun, easy and motivational workout routines that are great for all ages and fitness levels. Designed especially for those in wheelchairs, this workout video helps teach users basic stretching and upper body toning exercises to increase strength, flexibility and muscle-tone. These simple exercises help alleviate shoulder, neck and back strain as well as increase mobility and self-esteem. Help control your weight and aid in digestion by doing these workout routines right in your wheelchair. DVD contains: an introduction, 31 minute upper body work out and 35 minute full body workout

Chair Yoga Program

Instructor: Anne Pringle Burnell

DVD Release Date: May 25, 2010

Run Time: 52 minutes

Price: \$12.99

Available from Amazon.com

http://www.amazon.com/Chair-Yoga-Program-flexibility-strength/dp/B00158NCX8/ref=pd_bxgy_mov_img_z

Amazon description: The Stronger Seniors Yoga Chair Exercise program is designed to help seniors develop strength and enhance the ability to function in daily life. This beginning yoga program improves respiration and circulation and reduces tension. Stronger Seniors Yoga Chair Exercise will help to increase balance, flexibility, and strength. Yoga incorporates simple mind/body exercises focusing on breath and relaxation which help to reduce stress. If you have heard how wonderful Yoga is, but always thought it was too difficult, now is your time to experience this amazing age-old practice. Modified for the chair, Stronger Seniors Yoga Chair Exercise Program incorporates all of the benefits of yoga: a healthier, stronger and more relaxed you; improved flexibility; a great sense of calm and well-being; and increased oxygen intake. No getting down on the floor, no "pretzel" poses. Just increased flexibility, mobility, and relaxation. There is no risk of injury from hyperextension that most "beginning" yoga programs can cause. Chair Yoga participants receive not only the physical benefits of Yoga

(Postures), but also the more quiet and meditative aspects of breath awareness and the relaxation response.

This is basic information about exercise DVDs provided by Rehabilitation Research and Training Center (RRTC) on Secondary Conditions in the Rehabilitation of Individuals with Spinal Cord Injury, and does not reflect on any personal preferences of project staff or the institution. Neither do we receive any reimbursement for highlighting these materials.