

# Got **BOB?**

*This is the best one liner I have heard in a long time. I have known Bob, or Bobby as some call him, for a while. Over the past several years he has dedicated himself to the improvement of himself through sport and fitness. Bob recently graduated high school and is a swimmer and powerlifter. For recreation, he plays hockey, basketball and bowls. He works with a trainer one extra day a week to develop new fitness routines. One of my favorite "Bob elements" is that he is one of the spokes models for Developmental Fitness Company based in North Wales, Pennsylvania. Bob also has a developmental disability.*



by Sean Hanely



Since 1999, the Developmental Fitness Company (DFC) has served hundreds of individuals with developmental issues and mental retardation through clinical exercise, personal training, aquatics instruction and martial arts programming. DFC seeks not only to train, but also empower its clients. We utilize inclusive opportunities to direct a challenging program/regiment for our trainees. Our training is all individually tailored. The aquatics program teaches the four competitive strokes to be utilized for fitness and aquatic safety. Our martial arts program, The DFC White Tigers, is based on the Chinese Kenpo Karate system but incorporates a wide variety of styles and instruction to keep the classes fun and challenging.

Compassionate specialists that work with those with Down's syndrome, Autism, PDD/NOS, etc. can be hard to find. There are certain biomechanical, sensory, and postural components that must be addressed. Sometimes there are behaviors and non-fitness elements that add into the mix. For example, those with Down's syndrome may have Atlanto-axial instability which would eliminate many exercises, especially those that move the neck or its surrounding muscles. Lax ligaments and poor muscle tone are just two more of the inborn characteristics of the condition. This places added emphasis on programming movement with creative means.

Another example is those with Pervasive Developmental Disorders (PDD), who are sometimes referred to as having autistic tendencies. Many external stimuli can cause sporadic and repetitive movement while certain candidates may exhibit compulsions and certain methodologies. In these cases, stretching techniques and controlled movement with lighter resistances have proven effective. Obstacle courses and manipulation of external

equipments such as racquet and ball sports have shown promise for some of our trainees as well. Aquatics programming is usually recommended as well.

Take all these variables and multiply it by a wide range of abilities and comprehensions and you will meet the clientele of the Developmental Fitness Company. For many of those with mental retardation/developmental disability regular exercise may require someone from the outside, as caregivers may not have the time. Unfortunately, many exercise facilities are inept (yes there are exceptions) on how to deal with the special needs population. Most staffs simply are not trained in the area. DFC provides workshop trainings on the mechanics and kinesiology necessary to safely work with this population. Workshops teach trainers about conditional responses to exercise, programming issues, and communication techniques as incorporating our positive approach to exercise instruction. Screening and interviewing all people associated with an individual with developmental disabilities is extremely important in order to provide and a solid foundation of understanding before starting any exercise program. First hand information should be retrieved from parents, caregivers, assistants, teachers and especially doctors and any related specialists. Many of those with developmental disabilities take medications that may add elements of risk to certain exercise regiments. A family interview and doctors consent is a must for any one with developmental disability entering an exercise program. A trainer must be ready to have good documentation of progress and/or concerns as well as solid intercommunication with all team members.

Our personal training program is mobile with home visitation (depending on location) and is gym based. We also have a small studio for anyone who may require more one-on-one attention without distraction of community hustle and bustle. The biggest element of our program is direction. Which

course of action should be taken for each individual? Will they have the goal of basic strength and flexibility or learned patterning from repetitive weight training? Do they have a dual goal of increased socialization and behavioral awareness (learning manners, ethics, proper language, attitude, etc)? Direction takes patience, compassion, awareness, empathy and the ability to teach the trainee to be as independent as possible. This concept is trademark of the DFC progress made over our seven years. It is this significant element that makes the DFC program work.

Finally, DFC seeks out community events and volunteer opportunities for which our staff and trainees can participate. Last year at the Philadelphia Buddy Walk held at Villanova University in October, the crew of Bob, Art, Sean, Jim and Mark led the crowd in a pre walk warm-up. If you would like us to come to one of your events, please call 215-699-3075.

You can meet the Developmental Fitness Company Team at the PhillyFit Bash on Sunday, May 21st from 11 am - 4 pm at the 422 Business Center in Oaks, Pennsylvania. You can ask yourself when you meet us... do you "Got Bob"?


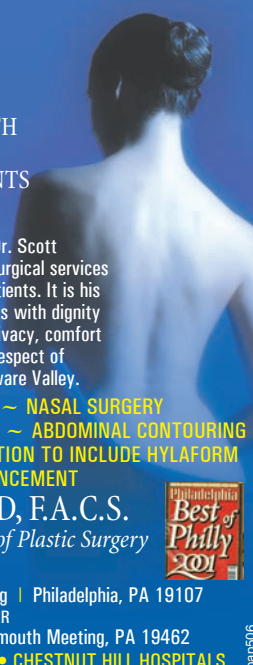


Sean Hanely, CPT, is certified by ACE, YMCA of the USA, YMCA of the USA Trainer, YMCA USA Disabilities Trainer, Sport Director, and Pennsylvania Special Olympics Powerlifting. He has a lovely wife Julie, a dog Killian, and is expecting first child in June! He is a 18 year veteran Special Olympics coach and volunteer. He enjoys kayaking, animals and science.


WWW.DRBREMAN.COM

## The Pennsylvania Centre for Plastic Surgery

A TRADITION OF SURGICAL EXCELLENCE


CHOOSE A COSMETIC SURGEON WITH AN ARTISTIC ABILITY AND AN AESTHETIC SENSE THAT COMPLIMENTS YOUR OWN OBJECTIVES.



In a continuing tradition of excellence, Dr. Scott Brenman's goal is to provide cosmetic surgical services of the highest standards to all of his patients. It is his ongoing commitment to treat his patients with dignity and compassion in an environment of privacy, comfort and safety. This has earned Dr. Scott Brenman the respect of thousands of satisfied patients throughout the Delaware Valley.

FACE-LIFT ~ EYELID ENHANCEMENT ~ NASAL SURGERY  
BREAST ENHANCEMENT ~ BODY CONTOURING ~ ABDOMINAL CONTOURING  
LATEST ADVANCEMENT IN FACIAL REJUVENATION TO INCLUDE HYLAFORM  
& RESTYLANE ~ LIP ENHANCEMENT


**TOP SURGEONS**



**Scott A. Brenman, MD, F.A.C.S.**  
Certified by the American Board of Plastic Surgery

**215.829.7290**

**Philadelphia Best of Philly 2011**



801 Spruce Street | 10th Floor, Spruce Building | Philadelphia, PA 19107  
THE COSMETIC CENTER  
531 W. Germantown Pike | Suite 201 | Plymouth Meeting, PA 19462  
AFFILIATED WITH: PENNSYLVANIA • ABINGTON • CHESTNUT HILL HOSPITALS

pap506

### ANNUAL MEMORIAL DAYWEEKEND RUN/WALK FOR OVARIAN CANCER



**Sunday May 28, 2006**  
**Fairmount Park – Carousel House**  
**Belmont Avenue & Concourse Drive**  
**Philadelphia, PA**

*Free and Easy Parking Available*  
USAT&F Certified Course  
Timing by Athletes Closet, West Chester PA

For more information or to register online please visit [www.trocrf.org](http://www.trocrf.org) or [www.active.com](http://www.active.com).

**RACE DAY SCHEDULE**

- 7:00 a.m. – 8:30 a.m. Pre-Registration Packet Pick-up and Race Day Registration
- 8:15 a.m. Pre-Race Warm-up with Sandy Weston of Weston Fitness
- 8:30 a.m. 5K Run Start
- 8:35 a.m. 5K Walk Start
- 9:30 a.m. Awards Ceremony

**REGISTRATION INFORMATION**

- \$18 online registration until May 27th, 2006 (\$13 children 12 & under)
- \$18 by mail must be postmarked by May 7, 2006 (\$13 children 12 & under)
- \$25 Race Day Registration (\$20 children 12 & under)
- Bring or mail in \$100 in pledges and your registration is free!

**5K AWARDS**

- Cash awards of \$150, \$100, and \$50 will be given to the top 3 male/female athletes overall.
- A special award will be given to the 1st Ovarian Cancer Survivor to cross the finish line.
- Medals will be given to 1st, 2nd, and 3rd place male /female 5k runners by age division.
- Raise \$250 to receive an acknowledgement sign to place along the course, in honor of a loved one.



## Give Dad The Gift of Good Health

**Simple and Complete Video Workout**

Specially designed with the sedentary male in mind, the exercise routines are simple to follow, within the average man's physical capabilities, and require only common sports equipment found in most homes (football, baseball, basketball, etc.).

It's the perfect guy workout.



**Building a Better Husband**



Plus shipping




Order online at: [www.OnAirVideo.com](http://www.OnAirVideo.com)



Fitness for the rest of us!™



pap506