

Building muscles. *And dreams.*

Lifting weights. *And barriers.*

Raising heart rates. *And spirits.*



The Goodwill Fitness Center  
GOODWILL OF ORANGE COUNTY



1601

# GOODWILL OF ORANGE COUNTY Fitness & Technology Center



## Rise to the challenge.

Welcome to the Goodwill Fitness Center, Orange County's only fitness center designed specifically for people living with physical disabilities or chronic illness. It's a place where you can develop a healthier quality of life – and a stronger bond with your community. In this state-of-the-art, 12,000-square-foot facility, we offer you accessible exercise equipment and knowledgeable staff to work with you in creating a personalized stay-fit program. And all at an affordable rate that's a fraction of the fees at most fitness centers.

We invite you to visit our facility, and experience the many physical and mental benefits of working out in our caring, energizing environment.

## Building a fitness center for people with disabilities.

At the Goodwill Fitness Center, we believe that every person, regardless of physical disability or health status, can benefit from a comprehensive exercise program. At our facility, you can have access to specialized accessible equipment, adaptive exercise classes designed for people with disabilities, and a qualified, experienced staff. As part of a stay-fit program, you can enhance every day of your life by improving your stamina, muscular strength, flexibility, balance, coordination, control and mobility. Many of our members develop a sense of belonging as they exercise alongside others who live with disabilities or chronic illnesses.

## Exercising your options for better health.

To maintain or increase your overall health, physical exercise plays an important role – especially if you have a physical disability or chronic illness.

In fact, you can help reduce secondary health conditions and complications by engaging in physical activity at least five days a week for 30 minutes or more. A balanced approach to exercise is the safest, most natural form of preventative medicine – particularly with the right equipment and guidance. Exercise is good for physical as well as mental health. It stimulates brain chemicals that can produce feelings of well-being and relaxation, and can even reduce depression and anxiety. It also promotes a proactive attitude that can result in a much healthier quality of life, as well as greater independence and productivity in the workplace.

## Working out for greater independence.

Our goal is to improve your physical fitness and strength to promote your highest degree of independence. Members can take advantage of cardiovascular and strength training, yoga, balance, one-on-one personal training, and classes on nutrition and wellness strategies. Goodwill Fitness



*Over the years I have had to retrain myself to talk, walk and move. Here I get so much encouragement and support from the staff and other members that it really helps me to know I can improve. — Bebe, Age 31*



Center trainers will often focus on balance, coordination, motor control and cardiovascular capacity. This can help you to maintain your independence in performing activities of daily living such as getting up from bed, taking a shower or bath, carrying groceries in from the car, or going up a flight of stairs. These exercise programs will help minimize the potential for chronic pain caused by muscle imbalances or atrophy, overuse injuries and disability-specific wear and tear on muscles and joints.

## Getting started with the Goodwill Fitness Center.

To qualify for membership at the Goodwill Fitness Center, you must have a medically diagnosable disability and a medical release form signed by

your physician authorizing you to participate in an exercise program. After your fitness assessment, a certified personal trainer will work with you to develop an exercise program based on your individual capabilities and goals. Once the program has been established, you are encouraged to be independent in working out. Personal trainers will circulate the gym floor area to support you during your exercise programs.

Membership to the Goodwill Fitness Center is economically priced, with a small initial fitness assessment charge. Physical therapy services require an additional fee, as well as a physician's prescription and an appointment.

*This is the place where I can build positive mental health by keeping physically, mentally and socially active. — Daniel, Age 45*



## State-of-the-art equipment.

The Goodwill Fitness Center features a complete line of premium adaptive exercise equipment including an array of Cybex Total Access and SCIFIT equipment, as well as free weights. The equipment has been designed with special features, such as seats that swing out of the way so workouts can be done from a wheelchair. The leg press and other machines have been designed to help those with limited stability by offering foot plates and straps that keep feet anchored. Many of the machines can be adjusted to meet individual strength imbalances or limited ranges of motion. In addition, the changing rooms include fully accessible showers and fixed-height transfer tables. You can store your items in a locker, work out, and then get ready for the day in a spacious area.



## Designed just for you.

The Goodwill Fitness Center was designed for people with a number of disabilities or chronic illnesses which could include: Spinal Cord Injury

- Cardiovascular Disease • Multiple Sclerosis • Hypertension • Type 1 Diabetes • Type 2 Diabetes • Osteoporosis • Arthritis • High Cholesterol
- Asthma • Stroke Rehabilitation • Joint Replacements (hip or knee) • Cerebral Palsy
- Muscular Dystrophy • Cancer • Deafness • Blindness • Parkinson's Disease • Obesity
- Amputations • Fibromyalgia • Traumatic Brain Injuries • Lupus

## Rising to the challenge.

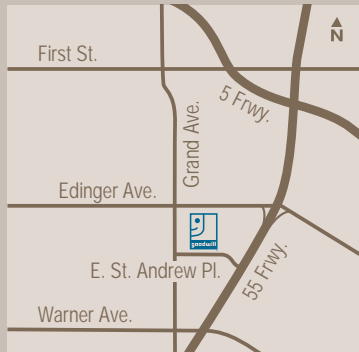
If you're ready to start improving your quality of life, or would like more information, visit [ocgoodwill-fitnesscenter.org](http://ocgoodwill-fitnesscenter.org) or call us at **888-OCFITCENTER (888-623-4823)**. We are happy to schedule a tour of the facility and answer any questions you have.



*Yoga and balance classes are the perfect complement to my workout, especially since I tend to have more balance issues as my MS progresses. Coming here is good for my body, soul and spirit. — Jeanette, Age 61*

## The Goodwill Fitness Center

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*Rise to the challenge.*