

RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

RHIP Mini-Grant Final Report for Destination Rehab “Outdoor-Based and Goal-Oriented Wellness Program”

Reviewed by the Promote Enhanced Physical Health Workgroup



Summary of Results:

- The goal of this project (officially called the PEAK Fitness Program) was to create an outdoor-based wellness and fitness program aimed at empowering participants with physical disabilities with the knowledge and means to execute a consistent exercise program and attend outdoor group exercise classes monthly.
- Participants were encouraged to track their progress toward goals and attend group exercise classes with other members.
- The PEAK Fitness Program has been very successful. We currently have 10 participants enrolled in the program with more joining each week.
- The greatest benefit that we have seen from this project is the increase in participant confidence at being able to participate in recommended exercise intensities and the resultant improvement in general health as a result.
- Additional benefits include building relationships and a sense of community with other members enrolled in the program.

Quote:

"Two words why PEAK works for me – motivation and accountability. But let me say more – I am fighting progressive MS and my body most days would be just as happy to sit. Because of PEAK, each day I am active is a day I win the battle. [My coach] has designed personal exercises for me with just the right degree of challenge and variety to not overwhelm or discourage me. And the group classes are fun and challenging! Thank you, PEAK." -Sally M., PEAK Member