

Inclusion Fusion

April 5, 2019

Jacob's Ladder Special Needs Fitness

Tony D'Orazio

Jake D'Orazio

Overview/Agenda

- ▶ Opening Prayer.
- ▶ Our Parents and Jesus.
- ▶ Karen, Tony, Jacob and Jesus.
- ▶ Serving Jesus and Others.
- ▶ Expectations, Patience and Persistence.
- ▶ Exercise Demo.

Parents who loved the Lord



- ▶ Lou & Grace
- ▶ “Make a Friend...”
- ▶ Their Ministry
- ▶ Examples...
- ▶ Dad’s Funeral...
- ▶ Lifetime of Service



Prov 17:6; “Children’s children are a crown to the aged, and parents are the pride of their children.”

Fast Forward 50+ Years



A blessed couple!

- ▶ Couple tries, nothing works.
- ▶ Karen turns 40. Hot Tub!
- ▶ Dr. Bedside Manor.
- ▶ Karen - Why me Lord!

Then she holds her son!

Let's Roll Cupcake!

- ▶ Just like thousands of good special needs parents do.
- ▶ Water, Whiffle Ball, Adaptive baseball, Special Olympics, Wrestling, Workouts with dad.
- ▶ The R.B. Syndrome.
- ▶ My comment to Dr. when Jake was infant.
- ▶ Parents, Write this down! **START YOUNG IF POSSIBLE!**
- ▶ Jake 9 Years old – “the talk”.
- ▶ Baptism - The right answer!

Then & Now...

► How did I get so lucky?



► Why me Lord?

The Rocky Balboa Syndrome



The Rocky Balboa Syndrome



Can We Help Others?

- ▶ 2011
- ▶ Grace Church - Middleburgh Hts.

Why?



General Population Obesity Statistics...

↑ 35% Obesity

↑ Diabetes

↑ \$147B Healthcare Costs

↑ 13lbs Heavier

↓ 18% Shoulder Strength

↓ 20% Knee Strength

Wow!



<https://www.bing.com/videos/search?q=Commercial+of+boy+playing+video+games+calls+grandma&view=detail&mid=B33F3ADCE85EBCFDC1D3B33F3ADCE85EBCFDC1D3&FORM=VIRE>

Obesity- People with Disabilities

- ▶ Increased weight may be more problematic for people living with impairments than for the nondisabled population. However, little attention has been devoted to this group despite evidence that people with disabilities are more likely to be obese than the general population.
- ▶ New research indicates that obesity is a far greater problem for people with disabilities than previously thought.
- ▶ American Adults with disabilities...

42%!

Obese

9%!

Extremely Obese

Obesity- People with Disabilities



► Studies indicate people with disabilities are less likely to engage in physical activity, are more sedentary, and are less likely to be physically fit than their peers for a variety of reasons. These reasons may include lack of access, lack of information on appropriate physical activity, lack of support in the community, and the nature of their disabilities.

► People who are inactive have higher risk of cardiovascular disease, type 2 diabetes, high blood pressure, obesity, and osteoporosis.' People with disabilities tend to be **less active**' and are also at risk of secondary impairments due to the nature of their disabilities and sedentary lifestyles that may further compromise their health."

Exercise helps Depression

- ▶ Recent Journal of Pediatrics study on CSHCN.
- ▶ High levels of anxiety and depression.
- ▶ 32% of all CSHCN experienced internalizing mental health depression symptoms.
- ▶ Living without biological parents increased symptoms 28-56%.
- ▶ by age 12, close to 40% of these children are experiencing noticeable levels of anxiety and depression.
- ▶ **Low levels of activity increase the odds of depression by 139%!!**
- ▶ **Mental Health professionals – exercise 3 X's Week has same benefits as prescribed dose of anti depressant!!**

139%!

3x's =  !

Long-Term Impact of Exercise vs. Medication on Depression

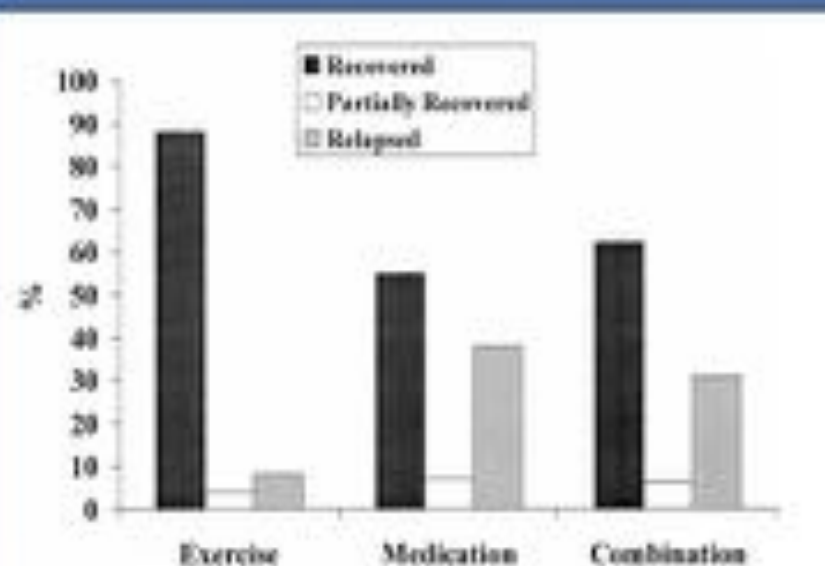


Fig. 1 Clinical status at 10 months (6 months after treatment) among patients who were rerolled ($N = 83$) after 4 months of treatment in Exercise ($N = 25$), Medication ($N = 28$), and Combination ($N = 29$) groups. Compared with participants in the other conditions, those in the Exercise condition were more likely to be partially or fully recovered and were less likely to have relapsed.

Source: Psychosomatic Medicine: Journal of Biobehavioral Medicine

Next Steps...

- ▶ So, for several good reasons, we can agree that exercise is good for the special needs population? –Yes?
- ▶ 2015 - Non-profit (501(C)3) - Jacob's Ladder Special Needs Fitness (older son Ray)
- ▶ 2016 - Exercise study with CSU
- ▶ 2019 - 4 sites; Christ Church, Kirtland, Avon, Cuyahoga Hts.

What we Do

- ▶ Basics
- ▶ Stretching, running, planking, squatting, some weights, agility
- ▶ Weighted Balls
- ▶ Expectations, Encouragement, Prayer, Friendship
- ▶ **Pray after every workout**
- ▶ ‘The Single biggest thing holding these kids back is...” ????
- ▶ Summer 2018, Autism Fitness Training

Back to Jesus

- ▶ Mark 9:37 “Whoever welcomes one of these little children in my name welcomes me.”
- ▶ Matt 25:40 “....I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.”
- ▶ Matt 5:16 “let your light shine before men, that they may see your good deeds and **praise your father in heaven.**”

Let's Role Cupcakes!







“Mr. T. from Rocky III” (Mike Richardson Of Sosa Fitness, Parma)



“Mr. T. from Rocky III” (Mike Richardson Of Sosa Fitness, Parma)





CSU and Jacob's Ladder

- ▶ 2016, Met with some PHDs from Cleveland State University.
- ▶ Developed Exercise study for the population of Special Needs.
- ▶ Getting participants was challenging!!
- ▶ **1 Thessalonians 5:11 “Therefore encourage one another, and build each other up, just as in fact you are doing.”**
- ▶ Weight, Pacer test, Body fat, grip, bench press, arm hang, Sit and Reach, Curl Up, trunk Lift.

Then, the Exercise Program

- ▶ 8 weeks, 3 times per week.
- ▶ 2 groups, home and supervised.
- ▶ Home group exercised on own with parent 3 x's per week.
- ▶ Home group followed workout on website.
- ▶ Supervised group met 3 times per week in local Metro Park area.
- ▶ 25-30 minute routine, same for both groups.
- ▶ Do try this at home!





Results

- ▶ Overall group:
 - 14% increase in trunk lift
 - 10% increase in bench press
 - 25% increase in sit & reach
 - 17.1% increase in arm hang

Results

▶ Home Group:

- 21% increase/bench press
- **Bonding with parents reported!**

▶ Coached Group:

- 21% increase/bench press
- 27% increase/arm hang
- 24% increase/sit & reach
- 22% increase/trunk-core



WVIZ Video

- ▶ <https://wviz.ideastream.org/news/local-gym-makes-fitness-accessible-for-people-with-disabilities>

From the Parents

- ▶ My son Phillip has been going to the exercise program since it has started. **The exercise has been very beneficial for him, mentally, physically and spiritually. He started to eat healthier,** look fit and really enjoys the workouts, loves the indoor and outdoor exercises.
- ▶ The weekly exercise program has benefited Patrick. **Not only is he being active, but more importantly, he is part of a social group that embraces him and accepts him for who he is, and what he is able to do.** Patrick enjoys the program and looks forward to working out with his friends that he has made in the group. I have seen a lot of improvement with Patrick including his form with lifting weights and planking and his overall stamina. I am very thankful for this group and hope it continues.

Testimonials

- ▶ “My daughter, Caitlyn, has been exercising with the group group for over a year. Caitlyn loves being a part of the group and gets very upset when she cannot go. She looks forward to it.”
- ▶ “Tony is great with the kids and **makes them work hard**. Overall, the group makes her feel good about herself.”
- ▶ “I believe Deanna is more flexible and agile then when she began the exercise program about 3 years ago. When she exercises it puts her in a **better frame of mind and mood**. **She has gained friendships** while working on making her body more healthful. It is a win, win program!”



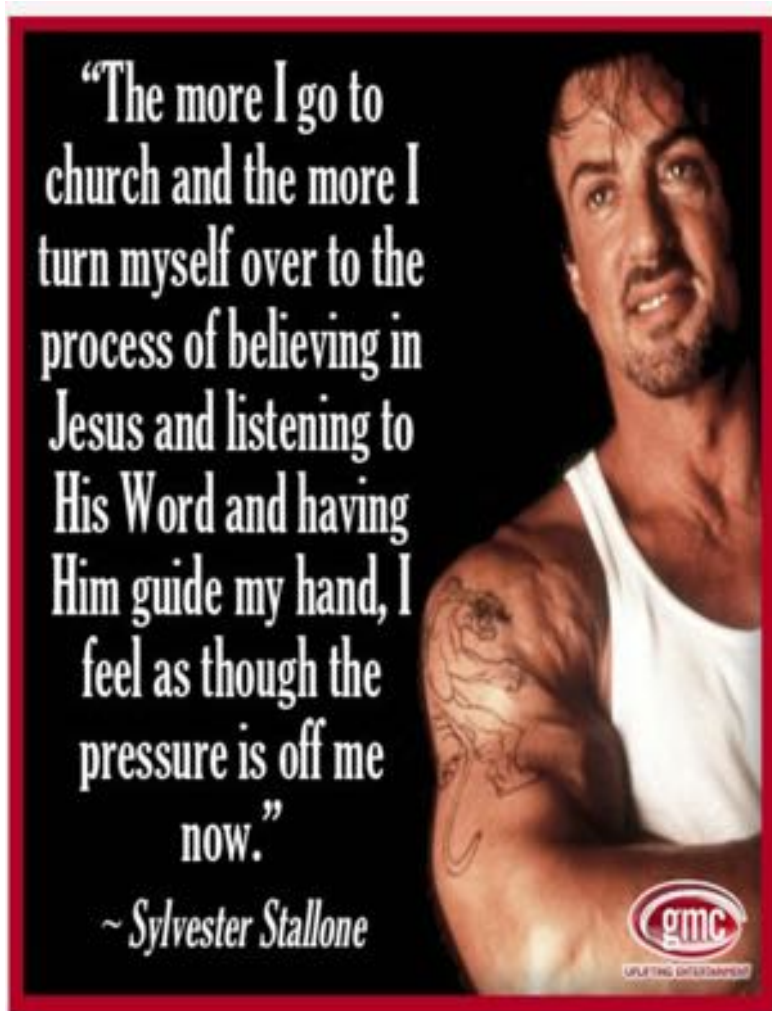




- ▶ Do Not let what you cannot do get in the way of what you can - John Wooden



Neither of these developments
happened overnight



Take-A-Ways

- ▶ Set High Expectations & Treat people individually.
- ▶ Start Young if possible. If not, just start!
- ▶ Research shows the strong link between parental activity level and children's level of activity.
- ▶ Overweight and obese people who exercise benefit more than non obese people who do not exercise.
- ▶ To me, these young people are athletes.
- ▶ Be patient.....Expect, Encouragement, Look for progress.
- ▶ **Ephesians 2:10 “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”**

Exercises With Adaptations

- ▶ Planks
- ▶ Push ups
- ▶ Squats
- ▶ Step ups
- ▶ Push throws
- ▶ Skip Rope
- ▶ Balance
- ▶ Step hurdles
- ▶ Crawling
- ▶ Progression and Regression
- ▶ Punching
- ▶ Ping Pong



Facebook:

Jacobs Ladder Special Needs Fitness

Web:

jacobsladderfitness.com

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Romans 12:6-8 “We have different gifts, according to the grace given us. If a man’s gift is.....serving, let him serve, if it is teaching, let him teach, if it is encouraging, let him encourage;.....”

We're On A Mission From God...



The
Plank
Brothers

The background features abstract, overlapping geometric shapes in various shades of pink and magenta, primarily concentrated on the right side of the slide. These shapes include triangles and polygons of different sizes and orientations, creating a modern, layered effect. The colors range from light, airy pinks to deep, rich magentas.

Thank You