

THE FIT4LIFE METHOD: REHABILITATION FITNESS COACHING

A WELLNESS PROGRAM THAT PROVIDES EDUCATION, PRACTICAL STRATEGIES, AND ONE-ON ONE SUPPORT TO ENCOURAGE IMPROVEMENTS IN QUALITY OF LIFE.

THE FIT4LIFE METHOD IS IDEAL FOR INDIVIDUALS WITH DISABILITIES, WHO WANT TO WORK ON THE LIFESTYLE HABITS THAT SUPPORT PHYSICAL HEALTH, MENTAL WELLBEING, AND STRESS MANAGEMENT.

What Does the Fit4Life Rehab Program Include?

PART 1: EDUCATION

Includes a 12 week online course provided in audio lesson format outlining:

- Goal Setting & Planning
 - Nutrition 101
 - Physical Activity 101
- Food Portion Management
 - Water Intake
- NEAT & Light Exercise Activities
- Warm Up & Cool Down Strategies
 - Self Care
 - Sleep
- Review & Reflection

***Each module contains supporting documents to facilitate learning, such as lesson worksheets, journal prompts, checklists, video demonstrations, and supplemental guides**



PART 2: PROGRAM IMPLEMENTATION & SUPPORT

WEEKLY VIRTUAL SESSIONS INCLUDE:

- Wellness check-in (15-30 mins)
 - Journaling (prompts provided)
 - Review of physical and mental health goals (water intake, sleep hygiene, steps, nutrition)
 - Social support through active listening to address any current stressors
 - Confirmation of energy level (based on pre-determined rating scale). This will help determine intensity of the exercise portion of the session
- Exercise (15-30 mins)
 - Resistance and cardio exercises customized to the client's capabilities, available equipment, pt recommendations and energy level that day
- Stretch & Meditation (10-20 mins)
 - Full body stretch
 - Guided meditation

SUPPORT RESOURCES INCLUDE:

- Lifetime access to the Fit For Life Program website outlining all 10 lessons and their accompanying support resources. Each lesson will be released one week at a time to avoid information overload
- Fitness recommendations (not required for participation)
 - I.e. resistance band set, foam roller, discounted healthy meal delivery service etc.

PROGRESS TRACKING

- Weekly progress notes
- Quarterly progress report

PRICING

- *Sessions*: \$85 per hour + HST
- *Fit4Life Online Course*: \$297 + HST

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The Fit4Life Method is ideal for individuals who have experienced...

- An acquired brain injury
 - Soft tissue injuries
 - Stroke
 - Spinal cord injuries
- Physical and/or cognitive impairments
- Mental health issues and low mood
- Lack of education on healthy lifestyle habits

Who Created the Fit4Life Method?



Hi! I'm Adora!

I created the Fit4Life Method after 7 years of working in the rehabilitation industry and seeing the need for a structured healthy lifestyle program for individuals with impairments. While in the process of regaining functional abilities, my clients have often asked for guidance on how to incorporate a healthier lifestyle while building strength and stamina.

After completing an undergraduate degree in Health Sciences at Western University, and subsequently pursuing certification in personal training, I immersed myself in the world of fitness, health, and rehabilitation. Through my work as a rehabilitation support worker on dozens of interdisciplinary teams, I have had the opportunity to assist clients with implementing programs created to improve their strength, functional capabilities, stamina, and mental health. Over time, I've developed a fitness & wellness methodology that has been supportive to clients in their rehabilitative process. Now, it has become my passion to promote and teach a holistic approach to fitness and health for people with special needs.

Through the Fit4Life program, I have assisted a client with extreme knee pain, due to a torn meniscus. Over the course of 8 months, he learned the principles of a sustainable healthy lifestyle, while building muscle around his knee joint, as was recommended by his doctor and physiotherapist. Within the first 12 weeks, he improved his overall strength and reduced pain levels by over 60%! In addition to that, his quality of life has improved tremendously as he can now complete activities that had caused him significant pain, discomfort, and fatigue in the past.

"This program has changed a lot for me. Not having to worry about overwhelming pain and fatigue has really increased my confidence in the community. I'm even starting to reach out to old friends now that I am better able to keep up. As someone who struggles with mental health, the best part of the program for me has been the boost in my mood and overall energy levels".