

Feel the Burn: The Creation of a Wheelchair Bodybuilding Camp

Sara J. Klaas, MSW, C-ASWCM, Chicago, Ill., USA ¹ | Brad Rosell, MS, CTRS, Chicago, Ill., USA ¹ | Nick Scott, AA, Ottawa, Kan., USA ²

¹ Shriners Hospitals for Children – Chicago, Chicago, IL, USA | ² 2009 Heavyweight National Wheelchair Bodybuilding Champion



Objective

Assist adolescent males with spinal cord injury (SCI) in learning about health and fitness through wheelchair bodybuilding.

Design

A one week intensive camp that focused on increasing knowledge and skills around fitness, nutrition, and strengthening.

Participants/Methods

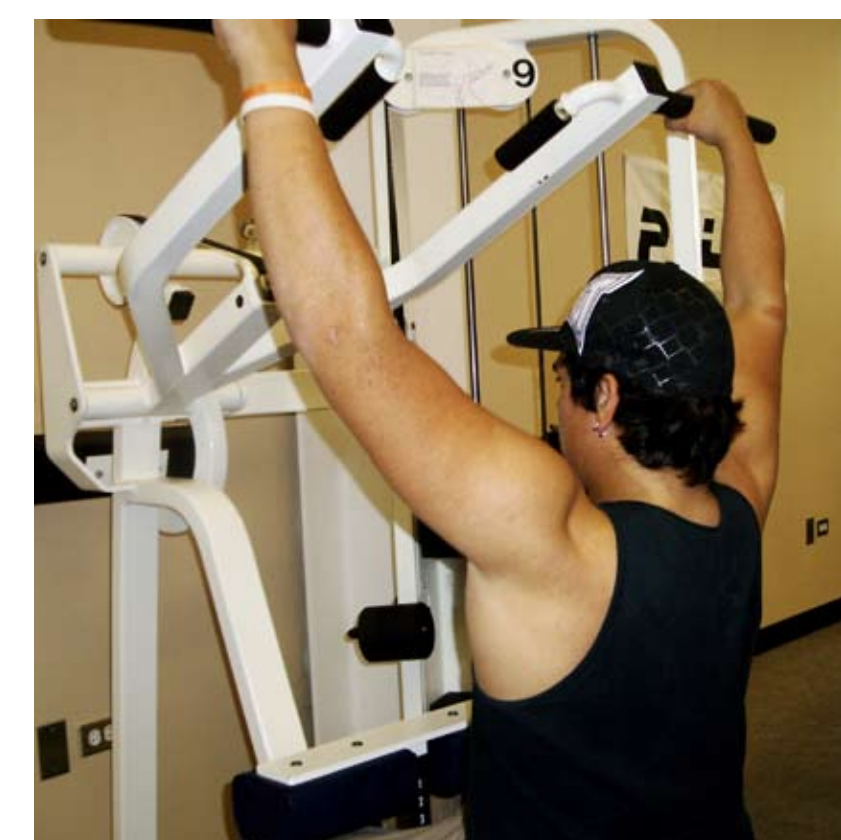
Six participants, ages 16-19 years, with no previous bodybuilding experience.

Results

Participants attended a week long camp that included workshops on nutrition, fitness, body-image, and overall strengthening as well as daily cardio and strength training. Participants learned about equipment and how to effectively access local health clubs. Bodybuilding techniques were taught and workouts were led by a USA Wheelchair Champion Heavy Weight body builder – a peer mentor. Personal trainers and a certified sports dietician assessed the participants individually and provided individual programs for each. To complete the camp experience, each participant showed their newly learned bodybuilding poses in a guest posing session. Program evaluations were completed. Likert scale responses showed a “very good” (4.3/5.0) overall rating. Participants found bodybuilding basics (4.6/5.0), cardio and weight training sessions (4.6/5.0), and a community outing for endurance and speed training (4.6/5.0) as the most beneficial activities. A high rating (4.4/5.0) was noted for an outing to a wellness center and healthy cooking class. Participants felt the outing to learn about healthy choices for nutrition at a nearby restaurant was least beneficial (3.0/5.0). Web-based training and follow-up with these participants by the peer mentor will be available post camp experience.

Conclusion

Providing creative and unique programs for those with spinal cord injury is essential in the pediatric setting. Using a positive peer mentor and offering a camp-like setting appears to enhance learning and make fitness fun.



Bodybuilding Week Itinerary

Monday

2:00 pm Welcome meeting and Introductions
2:30 pm Bodybuilding Basics & Overview
4:30 pm Nutrition and Sports Dietetics Talk
6:00 pm Healthy Choices Dinner at Apple-Bees
7:30 pm Hang Time

Tuesday

8:00 am MedGem
8:30 am Cardio
9:30 am Breakfast
10:00 am Personal Fitness Consultations
11:30 am Lunch
1:00 pm Out-trip to Fitness Center
5:00 pm Dinner at SHC
6:00 pm Work-out & Burn Machine Representatives

Wednesday

8:00 am Breakfast
9:00 am Fitness Testing at Fitness Center
11:30 am Lunch
1:00 pm Out-trip to Hospital based Fitness Center
5:30 pm Cooking Class
7:30 pm Evening Massages

Thursday

8:00 am MedGem
8:30 am Cardio
9:30 am Breakfast: All You Need to Know about Supplements
10:30 am Weights
11:30 am Lunch
1:30 pm Laser Tag for Speed and Endurance
6:00 pm Dinner on the Road

Friday

8:30 am Breakfast with wrap up, reflections, and evaluation of the week
10:00 am Wheelchair Bodybuilding In-service and Guest Posing