

EQUIP. CHALLENGE. EMPOWER.

# DAY ONE FITNESS

*fight back*



*Serving those living with  
Alzheimer's Disease, Parkinson's  
Disease, and Stroke*

## WHO WE ARE

Our mission at Day One Fitness is to partner with those fighting neurological conditions by equipping them to challenge their expectations and empowering them to lead the best life possible.

We accomplish this through intensive and rigorous exercise delivered in a welcoming, professional and supportive environment

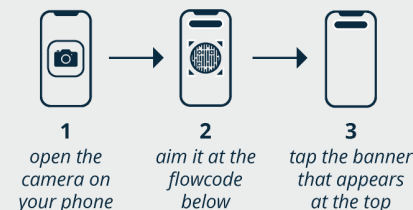
*not  
your  
ordinary  
gym*

## TRAINING TO IMPROVE

- Hand-eye coordination
- Speed of Movement
- Flexibility
- Optimal Balance
- Gait
- Posture
- Core Strength
- Agility
- Rapid Muscle Firing
- Improved Mental Focus
- Reduced Stress
- Improved Mood
- FUN! FUN! FUN!

## BACKED BY *research*

Several research studies have concluded that exercise is a powerful weapon in the fight against AD, PD, Stroke



Or visit [DayOneFitness.org/research](https://DayOneFitness.org/research)

## TESTIMONIALS

"The months right after diagnosis were pretty dark. I remember crying so hard, I lost my voice. Now you can't keep me away from the gym! I love it here. These guys are my friends, my support system. I can't imagine what I'd do without them."



"My stamina has increased. My balance is better. My posture has improved. I am finding an overall improvement in my well-being. I just feel better."

# ABOUT THE PROGRAMS

## POWER BOXING

Centered around non-contact boxing, with a focus on forced intensity; these classes emphasize improving posture, gait, balance, and functional mobility. Three different levels are offered, allowing everyone to participate regardless of cognitive or physical ability.

### Power Boxing I

- Fast-paced with rapid transitions
- Physical and cognitive assistance limited
- Cornerman (support person) encouraged to attend

### Power Boxing II

- Fast-paced with moderate transitions
- Cognitive and limited physical assistance provided
- Cornerman encouraged to attend

### Power Boxing III

- Slower paced with longer transitions
- Physical and cognitive assistance provided
- Cornerman may be required to attend in some cases

INCREASING INTENSITY



## FUNCTIONAL FITNESS

Adapted from a variety of specialized training programs, focus is on big amplitude movements, including PWR! Moves, functional mobility and strength. Two different classes are offered, allowing focus on a particular area of the body.

### FUNctional UB (upper body)

Focus areas include: range of motion, strengthening, flexibility, joint mobility, crossing midline, reaching, trunk rotation, and posture.

### FUNctional LB (lower body)

Focus areas include: range of motion, hip rotation, strengthening, joint mobility, core strength, balance, and gait.

## OTHER PROGRAMS

### Manual Dexterity/Speech & Voice

Classes address manual dexterity (ability to make coordinated hand and finger movements) while seeking to improve speech issues common in Parkinson's Disease.

### Yoga

Focus on whole body balance, core strengthening, and flexibility.

### Dance

This program uses various forms of dance to keep participants moving.

### Nordic Pole Walking

Led by a physical therapist, Nordic Pole Walking helps to improve gait and balance.

### One-on-One Training

These sessions allow you to work with a coach to address your specific needs.

### Physical Therapy Intensives

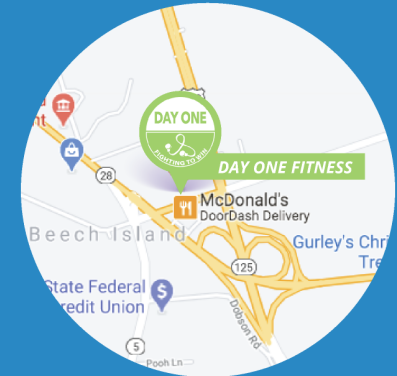
Quarterly 4 week intensives offer specified training in areas such as big amplitude movement and fall prevention, taught by a physical therapist.

### Physical Therapy at Day One Fitness

With a doctor's referral, members at Day One Fitness can now obtain Physical Therapy services at our facility.

## LOCATION

**257 Beech Island Ave  
Beech Island, SC 29842**



**Centrally Located to Serve the CSRA**

6 miles from downtown Augusta  
8 miles from North Augusta

## CONTACT

**Dayonefitness.org  
(803) 265-1699  
Info@DayOneFitness.org**

*We stand alongside you in the fight against  
Alzheimer's Disease,  
Parkinson's Disease, and Stroke.*

*Program participants regularly report  
improved quality of life, improvements in  
symptoms associated with these diseases,  
and a restored sense of hope.*