



wins

portable WELLNESS INITIATIVES

Caitlyn Berry, OTR/L
Occupational Therapist
Health & Wellness Outcomes Manager



Portable's 16 Adaptive Sports Programs:

- Archery
- Boccia
- Kayaking
- Rock Climbing
- Cycling
- Road Racing
- Swimming
- Rowing
- Power Soccer
- CP Soccer
- Goalball
- Pickleball
- Wheelchair Basketball
- Wheelchair Lacrosse
- Wheelchair Rugby
- Wheelchair Tennis



Why add Wellness?

- To provide an accessible entry point for new athletes
- To promote overall health of our athlete community
- Because it's a natural extension of what we're already doing
- Because Sportable is uniquely positioned to do so

In Fall 2021, Sportable was awarded a research grant through the Commonwealth Neurotrauma Initiative (CNI) Trust Fund for the following project:

“Developing and Testing the Efficacy of Targeted Wellness Training in Children and Adults with SCI, TBI and other Trauma-related Disabilities Participating in a Recreational Sports Program”



Created by the National Center on Health, Physical Activity, and Disability (NCHPAD)

- 8 week, 5 hr/week program (40 hours total)
- Meets virtually in live group, interactive group wellness sessions
- Currently in Feasibility Phase with our first cohort of participants going through the MENTOR Program - 16 participants
- All participants are reporting a high level of enjoyment and satisfaction



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Health & Wellness Outcome Manager
at Sportable



Alyssa Gialamas

Paralympian (London 2012, Rio 2016)

Founder
at Adapt, Move & Gain (AMG) Fitness



Chelsea Onstad

Certified Therapeutic Recreation Specialist
(CTRS)

Program Coordinator
at Sportable



Sheila Grant

Certified Advanced Personal Trainer, Nutrition
& Wellness Consultant

Owner
at Shape, Inc.



Katherine Surret

Social Worker, Certified Brain Injury Specialist

Intake Coordinator
at The Mill House

Sportable's MENTOR Program Instructors and Health Coaches

mentor

Mindfulness, Exercise, and Nutrition To Optimize Resilience



Jacki Davis

ACE Certified Group Fitness Instructor

Fitness Warrior
at Sports Backers

What did you like most about this Sportable Squad event?

“I got to hangout with my soccer friends and other people who are a part of the Sportable community!”

“This was a fun leisure activity with my peers in the adaptive sports community. I enjoyed seeing athletes that I would not normally see at the sports I play.”

“Fun to try something new and also realize that I can.”

“Feeling connected with others like myself.”



Sportable Squad Events:

This new event series features inclusive fitness and recreation events throughout the year. Move your body, spend time in nature, try a new sport, explore new accessible locations, and make some new friends.

Wellness Webinars:

Monthly one-hour webinars with experts covering various Health & Wellness topics.

Topics covered:

May: Nutrition for Athletes presented by Emily Moore, Registered Dietitian

July: Adaptive Athletes and Functional Fitness presented by Emily Kramer-Throckmorton owner of Kaizen Adaptive Training

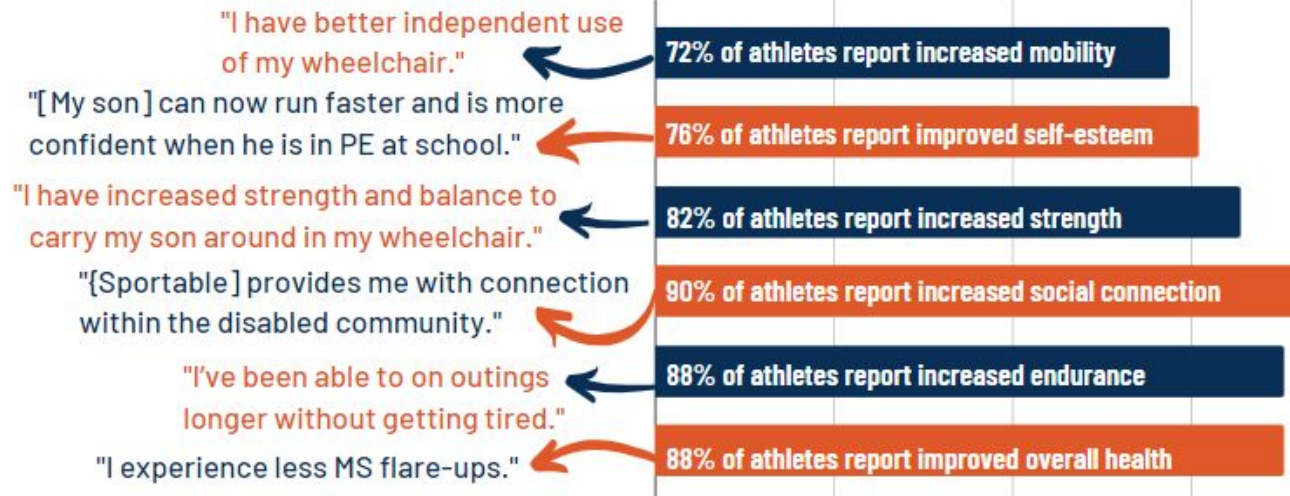
August: Pathways to Independence through Youth Adaptive Sports with Team USA Women's Basketball Coach, Christina Schwab

September: Empowering People with Disabilities to Promote their own Health presented by Patty Kunze, R.N. with a SCI

DATA - transitioning from outputs to outcomes

What is our impact?

SPORTABLE ATHLETE OUTCOMES





"Being part of a team is something that I thought I had lost forever. I feel like an athlete. Sportable gives me an outlet to be competitive on the playing field."



"Soccer was a life changing positive experience for our son. We now have hope on movement and coordination while enjoying a sport, when he used to only do therapies. He is happier, much more confident, and sociable because of his experience at Sportable."



"Participating in sports is my social time. I live alone and enjoy the camaraderie of doing activities like cycling, kayaking, rock climbing, and archery."

Thanks for all you do!
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