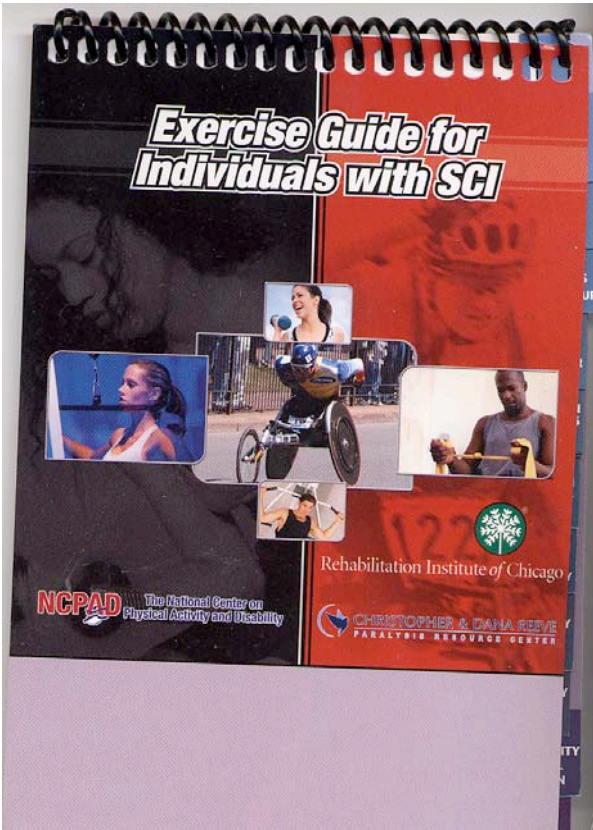



Access Anything

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19 | Forward Flexion


1. Take a deep breath in.
2. Exhale and bring your chin toward your chest, elongating the back of your neck. Hold (10 sec).
3. Return to the center.



Shoulders and Upper Arms


20 | Shoulder Roll with Depression

1. Take a deep breath in and roll your shoulders all the way up to your ears.
2. Exhale and roll shoulders back and down, pushing shoulders toward the floor.
3. Elongate your neck and hold (10 sec).
4. Relax.



21 | Posterior Deltoid Stretch


1. Straighten left arm in front of you.
2. Take a deep breath in and bring your arm across your chest.
3. Exhale and pull your arm toward your chest below the elbow and hold (10 seconds).
4. Straighten right arm in front of you.
5. Take a deep breath in and bring arm across your chest.
6. Exhale and pull your arm toward your chest at the elbow and hold (10 sec).



FLEXIBILITY/COOL-DOWN


22 | Anterior Deltoid/Biceps Stretch

1. Take a deep breath in and bend elbows upward as you would for a biceps curl.
2. Exhale and extend your arms behind you, rotating your palms to face the ceiling and hold (10 sec).
3. Relax.



23 | Triceps Stretch

1. Bring right arm above your head.
2. Bend your elbow downward reaching for the middle of your back. Keep elbow by your ear.
3. Take a deep breath in and apply slight pressure to your elbow with your left hand as you exhale.
4. Hold (10 sec).
5. Bring left arm above your head.
6. Bend your elbow downward reaching for the middle of your back. Keep your elbow by your ear.
7. Take a deep breath in and apply slight pressure to your elbow with your right hand as you exhale.
8. Hold (10 sec).



FLEXIBILITY/COOL-DOWN

FLEXIBILITY/COOL-DOWN

FLEXIBILITY/COOL-DOWN

MUSCLES OF THE

**What we found in Chicago:
NCPAD TRAINING MANUALS**

A wonderful resource for all disabilities!

See Page 4

The
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Monthly

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Access Anything welcomes writers and travelers with disabilities or knowledge in this particular field to submit their articles, comments, and suggestions to info@accessanything.net. Deadline for submission is the 20th of each month.

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**GO ANYWHERE,
DO ANYTHING!**

www.accessanything.net

UPDATES FROM ACCESS ANYTHING

Book Tour, Leg One

This past month brought us around the Midwest for the first leg of Access Anything's book tour! We had scheduled motivational speeches and book signings at three major spinal rehabilitation centers; the Ann Arbor Center for Independent Living, a branch of the University of Michigan's Model Spinal Care Center; Mary Free Bed Rehabilitation Hospital in Grand Rapids, MI; and Craig Hospital in Denver, CO. In total, Craig spoke to about 80 patients, staff and family members, and we have had a warm reception for the book so far. We also had a stop at the Rehabilitation Institute of Chicago for a meeting with the director of their Life Center and the director of the Open Doors Organization, mentioned in our last newsletter. We hope to continue this valuable relationship with these two organizations, potentially looking at Chicago as a future guidebook!

Next on the Road

We are currently planning two more legs of book tour, one in New England from September 14th to 27th, and one in the south later in the fall. Our favorite part of this is getting out and talking to our readers individually, so the more time we have on the road the better! We hope to include stops at universities as well as rehabilitation centers to help spread the word about adaptive travel!

For August dates see our calendar on page 6.

Stay tuned for the September newsletter with more solidified dates and locations!

Updates

As a reminder, we are compiling an "updates" page on our Web site to keep the book up to date with changes to existing information, as well as for businesses to add their newly accessible business to the next edition of AA:CO. If you have any suggestions, new accessibility information, or find any errors in our access reports, please [email us](#) your additions to the upcoming updates page!

“National Center on Physical Activity and Disability”

Exercise has always been known to improve overall physical and mental health, and this is the country’s leading organization on the subject for people with disabilities.

The National Center on Physical Activity and Disability (NCPAD) has created sports programs, exercise guides, and a Web site packed full of articles, photos, organization lists and information on physical activity for people with disabilities.

Just as our slogan is *Go Anywhere Do Anything*, NCPAD’s slogan is not far from that, *Exercise for Everybody*. Inclusion seems to be the common ground for many businesses trying to make a better world for people with disabilities.

Among the most impressive outputs of NCPAD is their exercise reference guides for many types of disabilities. These guides include exercise precautions, adaptive equipment, warm ups, cardio suggestions, strength exercises, stretching, and a muscle reference guide.

For those of you already attending a gym or are working



out in your own home, these guides are a great supplement to your existing work out. We’ve had a hard time finding trainers with much experience with developing workouts for people with disabilities, and these guides can not only be useful for you, but to trainers

and exercise professionals as well.

In addition to these exercise guides, NCPAD is beginning to put out videos of workout samples as well and have a zealous outlook for the subject matter for these videos. They have already finished and will soon release their video for people with spinal cord injuries, and will release videos on the subjects of strokes, amputation, multiple sclerosis, and many other diseases and disabilities as well. Because of the time frame it takes to make these videos, NCPAD does expect the videos to be released over the next few years.

NCPAD also offers sports program guidelines, safety tips, and equipment information for numerous sports from basketball to water skiing.

For those of you in the Chicago area, NCPAD, the Rehabilitation Institute of Chicago (RIC) and its sister, the *Life Center* are wonderful resources for people with disabilities!

NCPAD * 1640 W. Roosevelt Road * Chicago, IL 60608-6904 * 800-900-8086 * www.ncpad.org



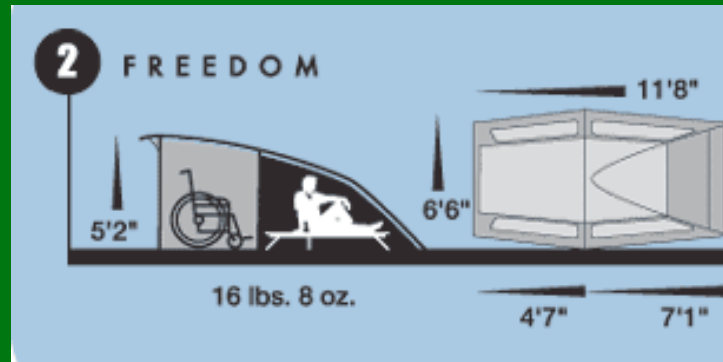
Monthly Travel Tip

Although many of our experiences lend us to give suggestions on traveling with a disability, we still rely on our readers and peers to help keep us pointed in the right direction! This month's travel tip comes from our friends Carla and Ward from Ann Arbor, MI!

One of our favorite things to do in the summer months is camp in the beautiful mountains of Colorado. We've always adapted our own equipment, that is, until we find someone else to help us out with that! [Eureka's Freedom Tent](#) is likely going to be our next big purchase for camping trips! An "industry first," this awesome advancement in adaptive camping offers a front section for wheelchair storage, pull handles on the zippers for manual ease, no lips for easy transferring, and still offers the usual easy-assembly that Eureka is known for.

We suggest this tent to all adaptive programs that offer camping for people with disabilities!

If you have any suggestions you'd like to see in our Monthly Travel Tips, please send them to info@accessanything.net!



Recommended Links

[National Center on Accessibility's Recommendations for Campground Accessibility](#)

[Accessible Motorhomes](#) and other excellent mobility resources

[Adaptive Adventures](#) still has openings on their October Houseboat Trip to Lake Powell!

[Building an Accessible House](#) – the ARC Directory resource for building

Access Anything's Calendar of Events

AUGUST

8/5 – 2-4:30pm: Book Mine, Leadville, CO
[Boom Days Festival](#)

8/12-13 – Book Signing/ Meet the Authors;

Outdoor
Retailers Show, Salt Lake City, Utah



SEPTEMBER

9/14-27 – New England Book tour, locations to be announced

OCTOBER

10/5 – Book Signing for St. Anthony's Hospital at the [Lakewood Heritage Center](#), 480 S. Allison Pkwy., Lakewood, CO; Senior Programs,

NOVEMBER

TBA - Speaking engagement at Shepherd Center, Atlanta GA
Surrounding dates – South east book tour, locations to be announced