



"Split Second Fitness is a gym/fitness center managed and operated by The Split Second Foundation, Inc."

OUR PROGRAM

OVERVIEW

Every person who becomes a member of Split Second Fitness will be assessed by our experienced staff in order to evaluate the client's strengths, weaknesses, and needs. Following the assessment, an individualized regimen will be created for each client. With a strategy in hand and regularly scheduled workouts, the trainer and client will work to improve the following areas: ambulatory locomotor movement, balance, posture, motor function, neuromuscular development, range of motion, and more.

OUR STAFF

The Split Second Fitness staff is composed of amazingly talented individuals who are dedicated to changing the quality of life for people impacted by paralysis, amputation, and limited mobility. They are knowledgeable about multiple medical conditions including spinal cord injury, stroke, amputation, cerebral palsy, multiple sclerosis, muscular dystrophy, and transverse myelitis. Our trainers have a variety of backgrounds including physical and occupational therapy, exercise physiology, kinesiology, and sports medicine. Not only are they knowledgeable, but they are also excited and passionate about your care and helping your fitness journey!

BENEFITS

- Improved mental state
- Improve functionality and build muscle
- Decrease spasticity
- Increase stimulation to musculoskeletal system
- Increase circulation and blood flow to areas prone to skin breakdown
- Improve posture and balance
- Improves overall health
- Potential to reduce pain
- Increase or maintain bone density and improve potential for increased joint integrity
- Provide socialization which decreases effects of depression associated with isolation
- Potential to increase motor function

GOALS

Our goals at Split Second Fitness are for YOU to reach your goals! We strive to improve your quality of life by improving your physical and mental well-being through exercise and education.

To learn more, contact us at:

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