Research suggests that children with physical disabilities engage in levels of physical activity that are approximately 30% lower than national fitness guidelines. They also spend double the amount of time in sedentary behavior relative to typically developing peers. The implications of not moving are serious. The long-term effects of decreased physical activity and increased sedentary behavior include metabolic dysfunction, cardiovascular disease and poor bone density. These poor activity patterns have been associated with a cascade of serious health implications for children with movement disorders, including reduced life expectancy.

The Division of Occupational Therapy and Physical Therapy is committed to the ongoing health and wellness of the children we serve beyond just the therapy environment. We have recognized a need for program expansion in the area of Health and Wellness and have teamed up with community partners and the Association of Volunteers for the Convalescent Hospital to offer our “be.well program”. We believe that regardless of ability, children can increase activity and participation and avoid the harmful effects of sedentary behavior and have fun in the city where they live.

Current program offerings include: be.well run, be.well bike, be.well breathe, be.well sport club, be.well ballet, and be.well aquatics.

There is a program for you!

Volunteers: We rely on volunteers to help us deliver safe, fun programs. If you are interested in becoming a volunteer for any of our be.well experiences, please email OTPT.be.well @ cchmc.org with your name and contact information. Thank you!
The Division of Occupational Therapy and Physical Therapy has partnered with a local running shop to begin a 10 week, “Sit to Fit” training program, which includes bi-weekly group runs with participants and culminates in the completion of a 5K race. Runners will participate in a PT assessment at the beginning and end of the program to monitor gains. We encourage family involvement, but there will be plenty of running partners on hand to support your athlete!

Who can participate: ...............Ages 7 and over, all levels of ability

What are the benefits: ............Improve cardiovascular health, quality of life, group program

This Year’s race: .................TBD

Date: ....................................TBD

Training will begin: ...............TBD

Enrollment open: .................Spring 2020

Pre-running assessments begin: Spring 2020

Please visit our website at: https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs
or e-mail questions to: OTPT.be.well @ cchmc.org
Through a partnership with the Division of Occupational Therapy and Physical Therapy and iCanShine and a proprietary fleet of training bicycles we are once again offering our week long Bike Camp. To date we have had more than 70 participants complete a week-long bicycling boot camp and 80% of participants have concluded the experience as independent riders on non-adapted, two-wheeled bicycles.

Who can participate: Ages 8 and over, requires the ability to sidestep, ability to follow simple verbal commands during the 75 minute riding session.

What are the benefits: Improve cardiovascular health, quality of life, group program

Location: Woodward Technical High School, 7005 Reading Road, Cincinnati, OH 45237

Pre Screening and Assessment Dates: March - April 2019

Program Dates: June 7 Orientation, June 8-12, 2020

Program time: Each rider will need to commit to attending every day of this 5 day program. Rider sessions are 75 minutes each day.

Camp is currently full, wait list candidates accepted at this time.

Please visit our website at: https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs or e-mail questions to: OTPT.be.well @ cchmc.org
BeWell Sport Club is a seasonal adapted sport exposure intended to foster interest in daily physical activity in community settings. The program targets children who are at risk for sedentary behavior and is made possible through community partnership with various sporting organizations in the tri-state area. The program emphasizes adventures and play among similarly-abled peers.

Who can participate:..............Events are generally inclusive, but sometimes have a minimum age requirement for participation and are available upon request.

What are the benefits:.............Enhanced participation in community-based leisure and recreation, improved measures of health status including perceived quality of life and interpersonal relationships.

Location: .............................Various locations throughout the city.

Adventure Dates:....................TBD

Please check back as we work to establish dates for the following adventures:

- Skiing (February 22)
- Rock Climbing (January 19, April 19, July 19, October 18)
- Basketball (April 4)
- Baseball (TBD)
- Water Skiing (June 13)
- Sled Hockey (TBD)
- Soccer (TBD)
- Sky Diving (May 4)
- Tennis (March 28)
- Miniature Golf (TBD)
- Rock Climbing Camp (June 29-July 3, 9am-12pm). Ages 6 and up, 10 max
- More dates and activities to come

Please visit our website at: https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs

or e-mail questions to: OTPT.be.well @ cchmc.org
The Division of OTPT is pairing up with Modo Yoga to offer a program for children with specific needs. This program will teach the participant and caregiver methods to enhance breathing and improve positioning. Yoga poses will be adapted so that families feel confident in their ability to engage in yoga at home.

Who can Participate: All ages and levels of ability.

What are the benefits: Improve resting physiology, enhanced contentment and sense of belonging and participation.

Dates: TBD

Location: TBD

Please visit our website at: https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs
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Ballet Moves is the product of a collaborative effort between Julie Sunderland, Director of Education for Cincinnati Ballet and Michelle McGuire, PT in OTPT designed to foster a love of dance and creative expression for individuals with specific needs. All classes are led by qualified Cincinnati Ballet faculty and are supported by experienced physical therapists, as well as one on one volunteers. One parent reports “it was a great experience for her to be with a true group of her peers in an active and social setting.” Jack Barlow, a Ballet Moves dancer, performed in the 2016 season of The Nutcracker.

Who can participate: Ages 4-14, with Down syndrome or Cerebral Palsy (all levels of ability), class assignment is determined by age and prior experience in Ballet Moves.

What are the benefits: Safely exploring and developing movement, musicality and personal/social growth.

Location: Cincinnati Ballet, 1555 Central Parkway, Cincinnati, OH 45214

Program Dates: Sessions are typically held in the fall and spring, although may vary based on studio space.

Program Time: To be determined based on studio space, although typically held on Saturday afternoons and running 30-50 minutes in length.

Cost: $125-225, price may vary based on session length, Many scholarships are available.

Please visit our website at: https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs or e-mail questions to: OTPT.be.well @ cchmc.org
Children and adolescents will have fun in the water with the following aquatic exercise programs taught by staff from the Division of Occupational Therapy and Physical Therapy at Cincinnati Children’s Hospital Medical Center. All sessions will be held at Cincinnati Children’s Drake, located at 151 W. Galbraith Road. Classes are Tuesdays and Thursdays, no weekends. Group (or class) subject to change.

2020 SCHEDULE

| SESSION 1 | January 6 - February 29 |
| SESSION 2 | March 2 - April 25 |
| SESSION 3 | May 4 - June 27 |
| SESSION 4 | July 6 - August 28 |
| SESSION 5 | August 31 - September 24 |
| SESSION 6 | October 26 - December 19 |

Aquatic Wellness Programs

**Sensory Processing**
This class promotes sensory processing through play and sensory motor experiences. It focuses on sensory processing, awareness of position in space, attention to task, modulation of sensory input, water safety skills, and socializing and interacting with peers. You may be required to get in the pool with your child. Participants must be at least 45 inches tall.

*Tuesdays 4 - 5 pm, 5 - 6 pm, 6 - 7 pm (adolescent)*

**Children’s Group**
This class focuses on maintaining and increasing range of motion, endurance, balance and coordination, strength and flexibility while reducing pain, to improve overall health and establish a more physically active lifestyle. This group is for children with conditions such as JRA, EDS and those recovering from illness or injury. Participants must be able to walk in the water without assistive device, be at least 45 inches tall, be able to follow directions, and be comfortable in water.

*Thursdays 4 - 5 pm*

**Adolescents and Children with Cerebral Palsy**
This class focuses on maintaining and increasing range of motion, strength, endurance, balance, social interaction, and assessing and progressing swimming skills. This group is for teens and children 9-19 years old who walk independently or with assistive device and have the diagnosis of cerebral palsy. The class will be grouped based on the height of the participants to be able to perform activities in both shallow and deep water.

*Thursdays 5 - 6 pm*

**Teen Group**
This class focuses on aerobic fitness, endurance, and strength, flexibility, range of motion, decreasing pain and socializing to improve overall health and establish a more physically active lifestyle. This group is for adolescents with conditions such as fibromyalgia, JRA, weight management, lupus and hemophilia. Participants must be able to walk in the water without an assistive device and be comfortable participating in deep water activities.

*Thursdays 6 - 7 pm*

Please visit our website at: [https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs](https://www.cincinnatichildrens.org/service/o/ot-pt/wellness-programs)
or e-mail questions to: [OTPT.be.well @ cchmc.org](mailto:OTPT.be.well @ cchmc.org)