

Community Newsletter

Upcoming Events

Summer Boot Camp

Sun., July 17th-
Sat., July 23rd, 2016

Push to Walk Open House

Wed., July 20th, 2016

9th Annual Golf Outing

Mon., Sept. 19th, 2016
The Knoll Country Club

For more information

e-mail Stephanie

slajam@pushtowalknj.org

or call 862-200-5848

New Location



Over the past few years, Push to Walk has been slowly outgrowing its current space. Cynthia has been working hard along with Push to Walk's Site Committee for over a year to secure a new location in preparation for our current lease ending on August 31, 2016. The details have not been worked out completely yet, but we are excited to create a new home for Push to Walk.

As long as the process continues to go smoothly, we will be moving to Oakland, NJ this fall.

The space we are pursuing is located at 100 Bauer Drive, Oakland, NJ 07436. It is only ten minutes from our current location with access from a number of major highways. The space is 7,435 square feet on one floor, and will provide a larger, more open gym for our clients.

Push to Walk's 2016 Summer Boot Camp



We are gearing up for our 5th Annual Summer Boot Camp, which will take place July 17-23, 2016. This year's SBC week will kick off with a little motivation from guest speaker, Chris Norton. Norton sustained a spinal cord injury on October 16, 2010 while playing football. The doctors gave him a 3% chance of regaining any movement below the neck, and he has since proved them wrong. He, along with his family, founded the SCI CAN Foundation and inspires others across the country with his story. The week will continue with many other social and fun events.

Client Spotlight: Richard



Richard began coming to Push to Walk in December 2014 and works out twice a week. During his time here, he is pushed hard and has increased his overall strength. Richard's standing posture and standing endurance have also shown great improvement resulting in him now being able to take assisted steps. Richard's trainers also noted that his hand-eye coordination has improved, and he now maintains a calmer composure during his strenuous workouts in addition to following directions much better than when he first began. He is working hard towards his goal of walking independently, and we look forward to celebrating every milestone he hits! Way to go, Richard!

Event schedule is as follows:

July 17: Ice Cream Social with Speaker, Chris Norton

*July 18: Group Fitness Class

July 19: Trivia Night

July 20: Push to Walk Open House & Seated Yoga

July 21: SWIM Inc. Swim Aerobics Class & W.M. Keck Center for Collaborative Neuroscience Spinal Cord Injury Project Open House

July 22: Rest Day

July 23: Sled Hockey Demo

Please contact us to sign up and for times and locations!

** All events are open to the public to participate or observe with the exception of the Group Fitness Class*