

## About Push to Walk

Founded in 2007, Push to Walk provides individualized workouts and resources to people with spinal cord injuries and other forms of paralysis to optimize current quality of life and to prepare for future medical advancements. Push to Walk is a unique program in the New York-New Jersey area.

We offer specialized activity-based training that supplements physical and occupational therapies. In addition, Push to Walk -

- Provides counseling and resources
- Monitors and supports research affecting the spinal cord injury and paralysis community
- Partners with health care providers, medical professionals, researchers, educators and others to determine how we can best help this community
- Advocates for care and cure
- Fosters a sense of community by organizing activities for clients, families, and friends

## Diagnosis Of Clients We Serve

MULTIPLE SCLEROSIS 7.50%

TRAUMATIC BRAIN INJURY & CEREBRAL PALSY 22.50%

OTHER (Stroke, Medical, Transverse Myelitis, Spinal Stroke, Hereditary Spastic Paraplegia, Spinal Muscular Atrophy) 23.75%

SPINAL CORD INJURY 46.25%

## Who We Help and Why

Individuals with spinal cord injuries and other forms of paralysis typically face hundreds of thousands of dollars in medical and rehabilitative expenses. There are few, if any, options after physical and occupational therapy sessions are concluded and insurance benefits are diminished. Push to Walk fills this void.

Ongoing exercise is needed to help prevent or minimize further muscle atrophy and give clients the ability to build their physical strength. This is vital to be eligible for procedures that may be available in the future to help them regain mobility.

*“My daughter is not only healthier and stronger but also happier and more self-confident as a result of her one-on-one workouts at Push to Walk.”*

*- S.C., Mother of Client*

## Promoting Hope

Individuals come to Push to Walk to build a better future for themselves. Our focus is identifying what the client CAN do, with exercises designed to help build strength where needed.

Push to Walk offers a positive environment where individuals work hard, motivated by a dedicated team of professionals and inspired by the successes of their peers.



## Building Strength

Push to Walk is about building strength, both physical and emotional. Each client works at his or her own pace and sets goals under the direction of professional trainers while using state-of-the-art equipment not available in traditional gyms. Our trainers hold degrees in Exercise Science and Exercise Physiology, certifications from the American College of Sports Medicine and the National Academy of Sports Medicine, and participate in continuing education and specialized courses.

*“Higher quality of life is the driving force behind all our programs.” - Cynthia Templeton, Founder*



## Improving Health

Our trainers focus on the entire well-being of each client. One-on-one support helps to foster improved health. Our trainers typically strive to help clients -

- Increase their strength and balance
- Improve flexibility and range of motion
- Decrease risk of injury
- Improve circulation
- Improve muscular conditioning

Research has shown that exercise decreases the frequency and severity of most common secondary complications when performed on a regular basis.

## How We Operate

Push to Walk is a 501(C)3 nonprofit organization. Clients pay an hourly fee for personalized training. These fees do not fully cover operating expenses. The balance is obtained through fundraising activities, grants, and donations. Scholarships are also made available to assist those with financial need.

## Donate and Join Our Community

Make a donation of any amount at any time. Donations are needed to keep our client-centered service fees as low as possible and obtain the specialized equipment necessary for our clients to continue on their path toward a healthy future without excessive financial burdens.

By making a contribution you will be helping our clients continue their journey with us and improve their quality of life. To make a donation, go to our website at [www.pushtowalknj.org](http://www.pushtowalknj.org) or call 201-644-7567.



## Founders

Push to Walk was founded by people who have been directly impacted by paralysis and understand the physical, psychological, emotional, and financial effects it can have on those who experience such trauma. Darren Templeton sustained a C5 spinal cord injury after diving into shallow water in July 2004. He co-founded the nonprofit with his mother, Cynthia Templeton. Together, they focus on providing the services and environment necessary to help individuals with paralysis live more independent and fulfilling lives.



**PUSH to WALK**  
Redefining Possibilities for the  
Spinal Cord Injury and Paralysis Community



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