

Push to Walk

Annual Report

2025

Empowering Mobility

Individualized, one-on-one training powered by adaptive technology helps our clients build strength, independence, and overall well-being.





PUSH to **WALK**

BUILT ON PURPOSE, DRIVEN BY COMMUNITY

Push to Walk (PTW) was founded in 2007 by Cynthia and Darren Templeton following Darren's spinal cord injury. Over the past 19 years, what began as a personal journey has grown into a vibrant community of clients, families, trainers, aides, staff and supporters united by a shared commitment to helping individuals with paralysis lead fulfilling lives.

OUR MISSION

To provide 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.

OUR VISION

A world where every person living with paralysis has access to the guidance, tools, and support needed to reach their highest level of physical fitness, improve their quality of life, and pursue their full potential.

Letter from our Executive Director

When I joined Push to Walk in August, I had the privilege of stepping into an organization with an inspiring mission and deeply committed supporters. Very quickly, I came to see that Push to Walk is far more than a nonprofit adaptive gym. It is a community grounded in optimism and perseverance. It is from this foundation that, in 2025, we took important steps to position Push to Walk for the future.

We sharpened our strategic focus, continued investing in specialized adaptive equipment, including the ARC-EX, and began strengthening the operational foundation that will allow us to grow sustainably in the years ahead. Our commitment remains clear: to deliver high-quality, individualized exercise training for people living with spinal cord injuries and other neurological conditions, and to do so with integrity, creativity, and heart.

We also created space for celebration and connection. In addition to hosting our most successful Golf Outing fundraiser to date, we introduced a new Experiential Event, inviting friends and neighbors to learn more about our work, our equipment, and our mission. It was an energizing evening that reminded us of the power of community. We are also deeply grateful to Cathy McQuade, a Montvale resident and friend of a client, who singlehandedly organized a beautiful afternoon of yoga and fellowship to benefit Push to Walk. Moments like these are powerful reminders of how many people contribute to the strength of this community.

None of this would be possible without you.

To our clients: thank you for your trust and determination. You are the reason we are here.

To our trainers, aides, staff, and Board members: thank you for your professionalism, compassion, and commitment to excellence.

To our donors and supporters: thank you for believing in this work. Your generosity fuels every session, every scholarship, every piece of equipment, and every step forward. You make this impact possible.

To Push to Walk's founder, Cynthia Templeton: thank you for your guidance, invaluable support, and the tireless commitment you bring to the organization.

As we look to 2026 and beyond, we do so with confidence and optimism. The need is real, and the opportunity to make a meaningful difference in even more lives is immense.

Thank you for being part of this journey.

With sincere appreciation,
Celine Gustafson
Executive Director



2025 By The Numbers

65

Clients Served

Each receiving individualized programming tailored to their neurological condition

80+

Specialized Pieces of Equipment Powered Client Workouts

Reflecting one of the region's most comprehensive neurological exercise environments

5,249

Hours of One-to-One Training

Averaging over 80 hours of direct support per client

1

ARC-EX Device Added

Providing access to the first FDA-approved non-invasive spinal cord stimulation system

28

Scholarships Awarded

Representing nearly half of our active client base

Behind every number in this report is someone working to build strength, regain function, improve endurance, or reclaim independence. Every hour of training reflects commitment, courage, and resilience.

What Makes Push to Walk Different

HIGHLY INDIVIDUALIZED TRAINING

Each client works one-on-one with a neuro exercise trainer who designs sessions tailored to their goals and abilities.

SPECIALIZED EQUIPMENT

Clients train using advanced adaptive equipment such as body-weight support systems, gait trainers, and neuromuscular devices rarely accessible outside clinical or research settings.

CONTINUITY AND COMMUNITY

Push to Walk is not a stopgap; it is a community. Clients return week after week, building relationships, resilience, and momentum alongside peers and staff who understand their journey.

A BRIDGE BEYOND THERAPY

Push to Walk fills the space between medical rehabilitation and everyday life, enabling individuals to maintain gains, prevent decline, and pursue new possibilities.



What Our Clients Say

The experience I get at PTW is invaluable and something I cannot get anywhere else.



After years of hospital stays and therapy, I finally found my place at Push to Walk last year. It's the one place that truly helps me!



I'm still making progress even 8 years after my injury!



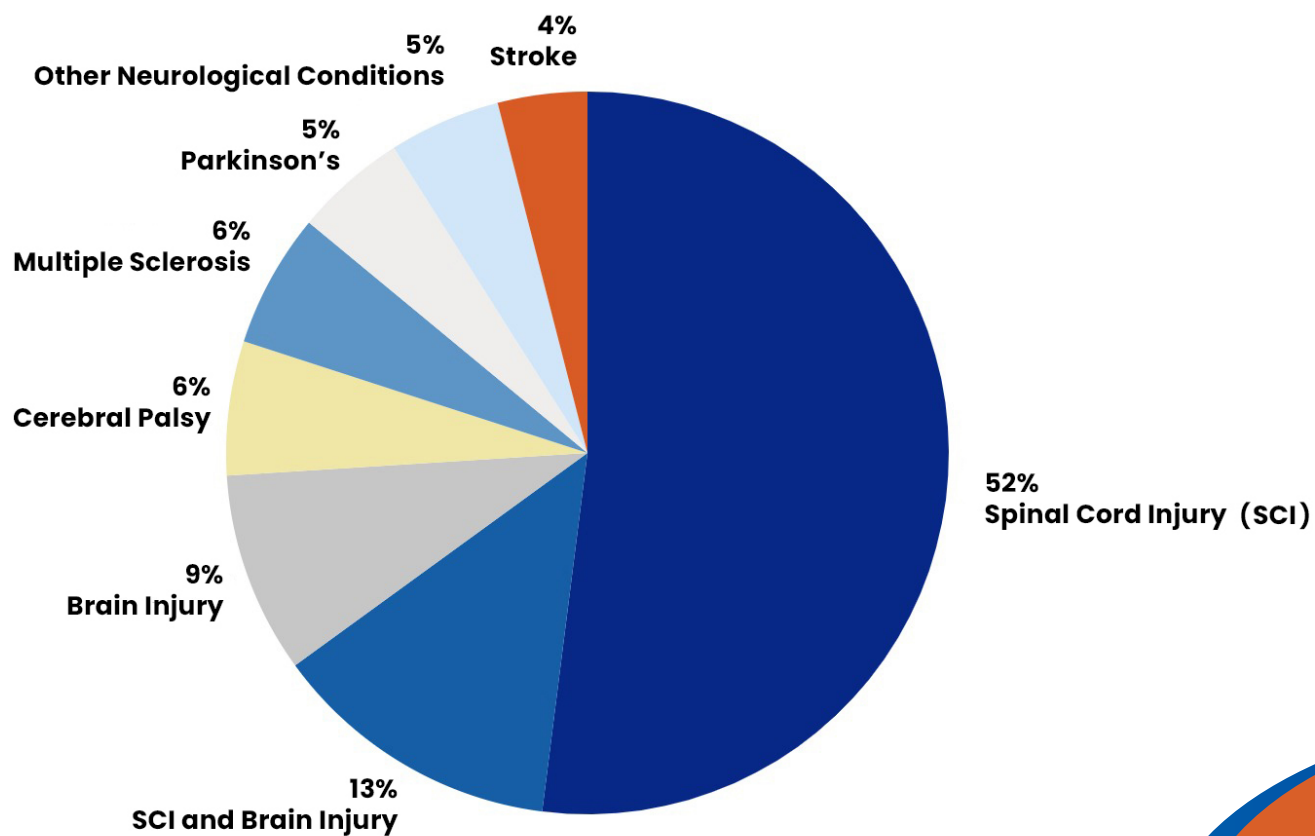
If 5 stars was the highest rating, I would give you a 6. Your place is amazing!!"



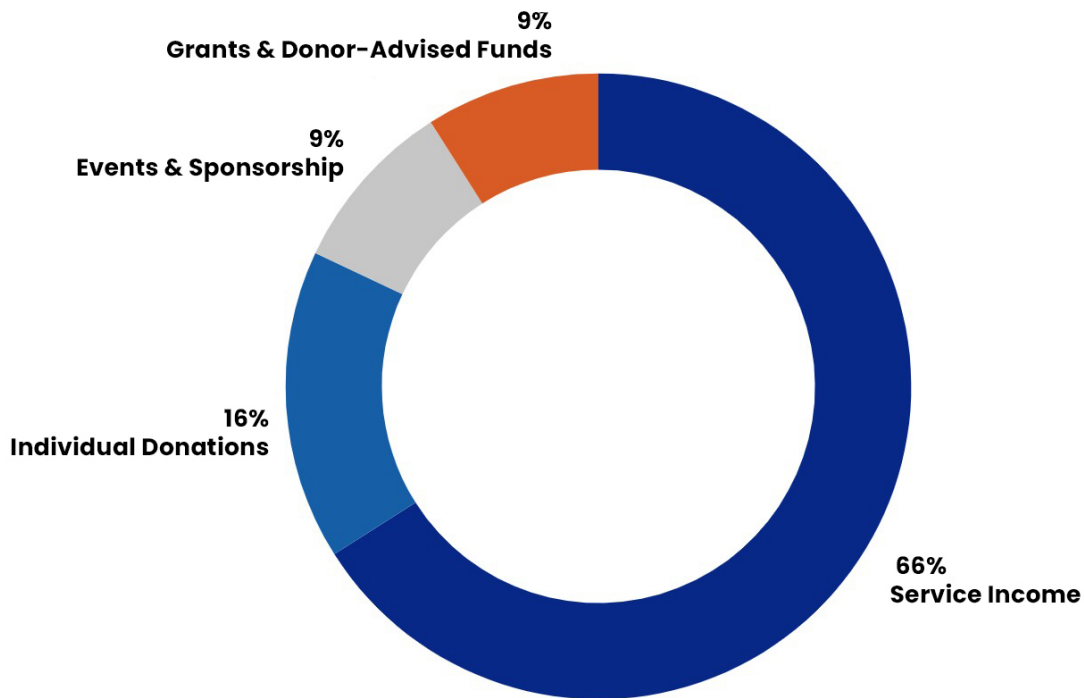
When my session is complete, I feel energized to go out and accomplish more with my day.



Client Diagnoses



2025 Revenue



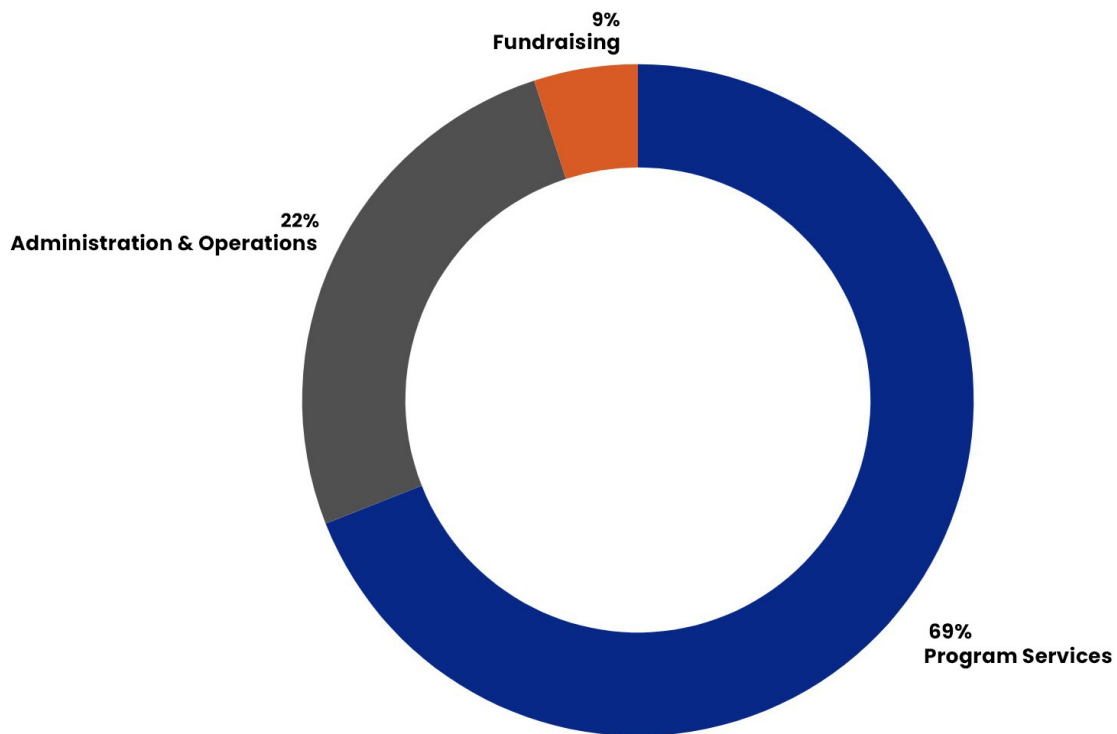
Service Income: Clients pay a reduced rate for services, with Push to Walk covering approximately 55% of the true cost of each hour of training. Each year, we raise hundreds of thousands of dollars to help make this work possible and to support as many clients as we can.

Individual Donations: We couldn't do our work without donor support. Donations fund scholarships and the critical behind-the-scenes work that make our programming possible.

Events & Sponsorships: Events and corporate sponsorships help fund equipment upgrades and specialized staff training, ensuring our clients are prepared for each new scientific breakthrough.

Grants and Donor-Advised Funds: Grant funding primarily supports new programs and equipment, while Donor-Advised Funds allow us to respond quickly to our clients' evolving needs.

2025 Expenses



In 2025, **69%** of our resources were invested directly in programming, supporting the personalized, hands-on training that defines Push to Walk.

22% supported essential operations and infrastructure, ensuring a strong organizational foundation to sustain our work.

The remaining **9%** was invested in fundraising, enabling us to build the support needed to reach more individuals and strengthen our long-term impact.



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Our 2025 Donors

We could not do all this without you!

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\$10,000+

Christopher & Dana Reeve Foundation
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John F.W. Rogers
S. Rubenstein Family Foundation, Inc.
The Russ Family Fund



Thank you for your commitment and support from the entire Push to Walk team!

Please consider supporting us again in 2026.

Donate at www.pushtowalknj.org!

