

# Physical Conditioning Groups

## *Fitness Conditioning*

Research has shown that long-term fitness programs improve cognitive function. All successful fitness programs incorporate the three most important elements of physical conditioning: strength training, cardiovascular conditioning, and flexibility conditioning. Although the needs of an individual with a brain injury are the same as those of a non-injured person with regards to physical fitness, steps must be taken with each individual to ensure that the specific functional disabilities are addressed to ensure the success of the program. Each person has different needs based on health profiles and specific preferences in the activities chosen. Approaches to motivation, communication, and the individual's capacity to understand and follow a fitness program must be individualized; as well as attention to such dimensions as fatigue, memory, depression, slowed thinking, etc. Information profiles from the person's rehabilitation case, team meetings, and consultations with professional resources such as neuro-psychologists, neuro-psychiatrists, and physical therapists can be very important in developing the individualized plan for each client. A certified, registered professional conducts the sessions which are one hour in length or as stamina permits; documented in a progress note to include date, times, and signature of client

