

**Title of Document:** **List of Public and At Home Exercise Resources in BC**

**Overview:** This document contains a listing of exercise videos, sports programs, and additional resources that are focused on providing inclusive activities for people with disabilities, especially spinal cord injury.

**Home Exercise Videos:** **Dowel or Broomstick Aerobics Videos**  
<https://www.youtube.com/watch?v=SBcvlynb2Fg&t=382s>

**National Centre on Health, Physical Activity and Disability Videos**  
<http://www.nchpad.org/Videos>

**PARC ICORD Exercise Videos**  
<https://www.youtube.com/channel/UCvZY8eLLIHWMrYIHtqg1x1w/videos>

**Seated Cardio Boxing Workout**  
<https://www.youtube.com/watch?v=uejXrxEkBQQ&t=4s>

**Shepherd Centre SCI Exercise Resources**  
<https://www.myshepherdconnection.org/sci/home-exercises>

**Spinal Cord Injury Research Evidence Exercise Videos**  
<https://scireproject.com/videos-and-toolkits/videos/>

**Wheelchair Boxing Workout**  
<https://www.youtube.com/watch?v=Hy9oG27WGEc>

**Other Home Resources:** **SCI Action Canada At Home Strength Training Guides**  
<https://sciactioncanada.ok.ubc.ca/resources/active-homes/>

**The WallGym**  
<https://www.wallgym.ca/>

**Evolution Home Gym**  
<https://evolutionvn.com/>  
**Inclusive Physiotherapy Exercises**  
<https://www.physiotherapyexercises.com/>

## **In-Person Options:**

### **BC Adaptive Snowsports**

<https://bcadaptive.com/>

Adapted skiing and snowboarding available across BC.

### **BC Wheelchair Basketball**

<https://www.bcwbs.ca/>

A variety of programs and clubs across BC.

### **BC Wheelchair Sports**

<http://bcwheelchairsports.com/>

A variety of sports, including rugby, track and field, and tennis available in several locations in BC.

### **Bridging the Gap**

<https://www.bcwbs.ca/play/bridging-the-gap>

The primary goal of Bridging the Gap is to eliminate the gap between the introduction of sport and recreation in the rehabilitation setting and continued involvement in physical activity. A variety of options available in BC.

### **PARC ICORD Gym**

818 West 10<sup>th</sup> Ave.

Vancouver BC, V5Z 1M9

604 675-8814

<https://icord.org/parc/>

Accessible gym with trainers available.

### **Whistler Adaptive Sports Program**

<https://whistleradaptive.com/>

A variety of winter and summer sports options.

## **Useful Resources:**

### **SCI BC SCI Information Database**

<https://sci-bc.ca/sci-info-database/>

Extensive database on all aspects of life after SCI, including exercise and sports resources across BC.

**For further information on SCI BC programs and services check out our website at [www.sci-bc.ca](http://www.sci-bc.ca)**

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**Spinal Cord Injury BC** 780 SW Marine Drive, Vancouver, BC V6P 5Y7