



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

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Endorsement of the “Therapy - Fun Cycle Project”

Everyone needs regular exercise. Children and Adults with physical challenges often find it difficult to receive meaningful exercise. Even those fortunate enough to have therapy centers available, are only there one or more times per month.

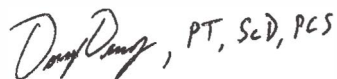
The unique outdoor therapy cycles available in the Therapy - Fun Cycle Project, empowers the rider to receive regular (365 days per year) exercise, at home, which would not be possible otherwise.

These adaptive cycles allow the rider to use both arms and legs to input power. This full body motion helps to increase the upper and lower body muscle tone, improves the cardio vascular function, increases the lung capacity and function, and often helps beneficial changes in the bone. These regular fun workouts may prevent secondary conditions, often brought on by low levels of exercise, such as atrophy, obesity, diabetes and many other conditions which can be more debilitating than the primary condition.

Socialization is a key element to our overall health and wellbeing. These cycles are so unique and fun that other children will rush over to check them out and a new friendship is started. Children in wheelchairs normally do not have many friends. These new friends are a tremendous contribution to a healthy and happy lifestyle.

I fully endorse the “Therapy - Fun Cycle Project”, and thank those involved for helping these Children and Adults to a much improved lifestyle.

Sincerely,

Handwritten signature of Doug Dendy, PT, ScD, PCS.

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