

LIVE BIG with BIG for LIFE®!

What is BIG for LIFE®?

BIG for LIFE is a group exercise class for people who have previously completed the individual LSVT BIG® treatment protocol with a Physical Therapist (PT) or Occupational Therapist (OT).

What are the goals of BIG for LIFE®?

- To keep you motivated to practice your LSVT BIG Home Exercise Program!
- To allow you to practice your BIG movements and gain encouragement from others who have participated in LSVT BIG.
- To have fun while exercising in a safe setting!
- To maintain the improvements you achieved during your 4 weeks of LSVT BIG treatment!

Who can participate in BIG for LIFE®?

- Anyone who has first received LSVT BIG for a minimum of four days a week for four weeks. LSVT BIG treatment sessions are always individual, one hour long sessions delivered by a PT or OT who is specifically certified to deliver LSVT BIG. We strongly recommend that you have received LSVT BIG or an LSVT BIG “tune-up” by your LSVT BIG Certified Clinician within the last 12 months.
- Those who are able to safely tolerate moderate to vigorous exercise. If new medical complications have arisen since you last saw your LSVT BIG Certified Clinician, you may need to provide medical clearance from your physician declaring you are safe to exercise.

What will I do in BIG for LIFE®?

- Practice the 7 LSVT BIG Maximal Daily Exercises
- Practice functional movements and activities
- Walk BIG!
- Try other fun exercises with a focus on amplitude, push self with weekly homework assignments. *HAVE FUN!!*

NEW!

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How do I get started?

1. Please contact **Carlene Johnson, 615-270-6359**,
myliveabilityot@gmail.com
Or Visit www.myliveability.com
2. You will be provided with a history and screening form to complete before starting.
3. You may be required to provide a medical release to exercise from your physician.

Class Dates and Time: Mondays 1 pm

Location: **Rock Steady Boxing**
130 Seaboard Ln STE A4
Franklin, TN 37067

Cost: **\$20/class cash or check accepted**



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