



### contact us:

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### our mission

To promote healthy and active lifestyles for individuals with spinal cord injury or disease.

### programs

Cross Country Skiing

Downhill Skiing

Equipment Loaner Program

Handcycling

Kayaking

Sailing

Swimming

Wellness

Wheelchair Tennis

### education

TRAIL Talk

SCI Forum



## TRAILS



### Therapeutic Recreation and Independent Lifestyles

An Outreach Program  
for people with spinal cord injury  
at the University of Utah Health  
Care Rehabilitation Center



# TRAILS- ACTIVE LIVING



TRAILS is a member of the Paralympic Sport Club network. Paralympic Sport clubs are community-based programs to involve youth and adults with disabilities in sports and physical activity, regardless of skill level. Picture: TRAILS sit skiers competing in Wasatch Citizen series organized by TUNA (The Utah Nordic Alliance).



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## **Therapeutic Recreation and Independent**

**Lifestyles (TRAILS)** is a spinal cord injury outreach program based at the University of Utah Health Care Rehabilitation Center. TRAILS is designed to prepare individuals with spinal cord injury to engage in active living through sports and exercise programs, recreational experiences and education. Providing year-round programming, TRAILS offers an excellent opportunity for individuals to develop an active lifestyle. These programs and resources serve as an important extension to hospital based rehabilitation and facilitates lifelong activity and wellness.

## **EDUCATION**

**Spinal Cord Injury Forum:** The SCI Forum is a series of educational sessions with lectures and informal 'hands-on' activities presented by experts in the field of Spinal Cord Injury. Topics include: SCI Basics, Current Research, Secondary Health Conditions, Wellness, Sexuality, Psychosocial Issues and Support, Community Resources.

**TRAIL Talk:** Trail Talk is a monthly spinal cord injury focused learning and social opportunity. Trail Talk covers peer chosen, SCI related topics and social activities.

## **SPORTS & RECREATION**

TRAILS offers the following sports and recreation programs: cross country skiing, downhill skiing, handcycling, kayaking, sailing swimming and wheelchair tennis. Our programs provide adaptive equipment and assistance with all sports. The activities take place in multiple locations in the SLC area. Activities are staffed by volunteers and professionals who specialize in SCI rehabilitation.



## **WELLNESS**

A comprehensive program designed specifically for the individual with a spinal cord injury to maintain lifelong physical and mental health. Spinal cord injury specialists in physical fitness, nutrition, massage, and yoga form a unique team that provides the ultimate SCI Wellness program.

## **VOLUNTEERS**

TRAILS offers exciting volunteer opportunities. Volunteers get trained for SCI specifics, adaptive equipment and seating and positioning. Volunteers will be able to learn about the process of getting people back to activities they used to do or exposing them to a brand new world of sports and recreation.



## **EQUIPMENT LOANER PROGRAM**

Adaptive equipment is usually not available to try out or to rent in the community. TRAILS loans out adaptive equipment for people with spinal cord injury. This is a good solution to be able to get appropriate gear and participate in activities with your family and friends.