

**WHO WE ARE.** State-of-the-art, progressive, and affordable community based fitness, health and wellness facilities designed specifically for people living with paralysis, and other mobility impairments

**WHO WE SERVE.** Individuals affected by SCI, Stroke, Parkinson's, MS, TBI, CP, other neurological and mobility impairments

**HOW WE SERVE.** By offering the latest accessible equipment, highly trained professionals, and comprehensive activity based training programs; our facilities provide a lifelong continuum of care using: Guided Exercise Programs, Locomotor and Functional Electric Stimulation, Vibration & Strength Training, CardioVascular Exercise and Peer/Information Classes

**OUR GOALS:**

Functional Recovery  
Improved Quality of Life  
Independence  
Optimal Health

**Proudly serving our  
Wounded Warriors**



"NextStep gave me the strength and independence to attend college and pursue my dream of becoming an engineer." - Stephen Wilson

■ Join the MOVEMENT - DONATE TODAY ■

Go to [www.nextstepfitness.org](http://www.nextstepfitness.org) to help.

## A REVOLUTIONARY APPROACH



Our vision is a world where people living with paralysis and mobility impairments have the opportunity to live long, healthy, and happy lives.

[www.nextstepfitness.org](http://www.nextstepfitness.org)

4447 Redondo Beach Blvd . Lawndale, CA 90260 • ph: (310) 546-5666 . fax: (310) 542-8868

# nextSTEP

NextStep, a nationally recognized non-profit organization, provides the opportunity for life-long health and recovery for people living with paralysis and mobility impairments in communities nationwide. Today most of these individuals are deprived of the resources they desperately need to live long, healthy, and happy lives because there are no affordable or local options available to them. NextStep's goal is to open NextStep Fitness facilities across the country to ensure an improved quality-of-life for this underserved population.



"NextStep has helped me achieve a quality of life I never could have dreamed of."  
- Bruce Edgar



"Thanks to NextStep my spirits are high, I am back to work, and I have regained function in areas where I was told there was no hope."  
- Russell Moon

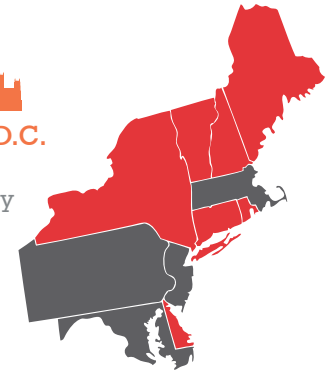
## THE FACTS.

**6 million people** in the U.S. living with paralysis related disabilities.

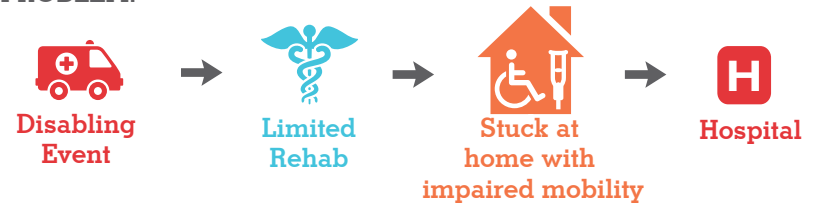
Equals combined populations of



**30 Million people** in the US live with mobility impairments - the combined population of the states of New York, New Hampshire, Vermont, Maine, Rhode Island, Connecticut, and Delaware.



## THE PROBLEM.



Without access to progressive care individuals will experience:

- 1 Health Deterioration
- 2 Depression
- 3 Secondary medical complications which can sadly result in serious illness or death.

## THE nextSTEP SOLUTION.



**Affordable + Local + Progressive = LONG HEALTHY LIFE**