

# SANFORD STRONG

Sanford Strong is a wellness program for people of all ages and abilities designed to meet you where you are physically and mentally. Whether you're completing therapy or looking to take your next step in fitness, Sanford Strong adapts exercises to your abilities. Our goal is to help you build strength, endurance and lifelong healthy habits.

## Who can join

Sanford Strong supports individuals with complex medical backgrounds, including cerebral palsy, autism, cancer, spinal cord injury, post-stroke recovery, bariatric/metabolic concerns or pre-joint replacement.

If you've finished or are nearing the end of physical or occupational therapy, Sanford Strong offers a seamless transition. We adapt, modify and progress exercises to build strength, independence and long-term wellness, no matter your medical history.

## How it works

- **Free consultation:** Meet with our team to discuss your background, goals and needs.
- **Evaluation:** Review your medical history and perform physical testing.
- **Personalized plan:** Receive a tailored plan to meet your goals.

## Training options

- **Occupational therapy:** One-on-one therapy designed to help you improve everyday skills affected by challenges with endurance, strength, mobility, balance or coordination.
- **One-on-one training:** Personalized one-on-one sessions that build on your therapy progress, creating a foundation for long-term fitness independence and overall wellness.
- **Group training:** Small group training for all ages, adapted to the needs of each member, fostering motivation and community.
- **Specialized groups:** Targeted programs for bariatric recovery, cancer survivorship and other health transitions, providing support and connection.

## Why choose Sanford Strong

- **Inclusive:** Open to children and adults of all abilities.
- **Flexible:** Offers insurance or cash-based options.
- **Results-focused:** Builds strength, endurance, confidence and independence.
- **Community-driven:** Encourages support, motivation and lasting connections.

## Get Started

Contact:

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**SPORTS**  
**PERFORMANCE**