

For Immediate Release  
May 2, 2011

## **Legends Centre receives accessible gym equipment**

OSHAWA - The City of Oshawa is thrilled to announce the arrival of a new piece of accessible gym equipment at Legends Centre, aiding in the quest for a more accessible Oshawa.

In 2009, fitness centre member, Greg Bamber brought forward the request for the Motomed Viva 2 to Oshawa Legends Centre staff. The need and benefit to Oshawa residents for a wider range of accessible equipment was recognized by the City. Together, Canadian Paraplegic Association (CPA) Ontario, Oshawa City staff, and Greg worked to secure the equipment for Legends Centre. With the support of the Rick Hansen Institute the acquisition and installation of this equipment was made possible.

“Removing barriers and emphasizing abilities is important to everyone and this new gym equipment assists with that goal”, said Councillor Bob Chapman, Chair of Community Services Committee. “Oshawa is grateful to the Rick Hansen Foundation for making this purchase possible.”

The Motomed Viva 2 is a multi purpose piece of exercise equipment that caters to a wide range of people’s abilities and is designed so a person using a wheelchair may pull up and secure themselves to its moving fitness components. The Motomed Viva 2 is one of several pieces of exercise equipment available at Legends Centre that can be adapted to any ability.

The peddles of the machine work like a bike, using a motor to move a person’s limbs around smoothly in a circle, to work the leg muscles. An attachment is also available to exercise a person’s arms, in the same circular motion, so individuals with upper body immobility can still improve circulation, as well as strengthen arm and hand muscles. The equipment can sense how much residual muscle there is in the arms or legs and can target those areas specifically.

Currently there are more than 33,000 individuals in Ontario living with a spinal cord injury. It is CPA Ontario’s mission to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation. The Peterborough Regional office of CPA Ontario works in and with our community, pushing towards inclusion and accessibility. CPA Ontario works with members to achieve empowerment, social re-integration and community participation, as well as accessible, inclusive living and working environments. To learn more about the CPA Ontario visit [www.cpaont.org](http://www.cpaont.org).

The purchase of the Motomed Viva 2 equipment was made possible by a Quality of Life Grant by the Rick Hansen Institute. Funding for the grant was made possible through Wheels in Motion events held in the community. For more information about the Rick Hansen Institute visit [www.rickhanseninstitute.org](http://www.rickhanseninstitute.org).

- 30 -



Facebook: [www.facebook.com/OshawaCity](http://www.facebook.com/OshawaCity)



Twitter: [www.twitter.com/OshawaCity](http://www.twitter.com/OshawaCity)

For details, including information on our e-newsletters and RSS feeds: [www.oshawa.ca](http://www.oshawa.ca)

---