

## Health & Exercise

### Exercise Bike



One of the best investments I've made are the hours I spent riding my electric stem bicycle. I ride mine about 200 hours a year and it strengthened my lungs, increased my metabolism, maintain muscle mass on my legs and butt and toughens up your skin which helps eliminate pressure ulcers. I'm sure there are others but the only bike I have ridden I purchased from Restorative Therapies Inc. in Baltimore.

[www.restorative-therapies.com](http://www.restorative-therapies.com)  
(800) 609-9166

### Lung Exercises

[www.powerlung.com](http://www.powerlung.com) (800) 903-3087

I believe this is the best lung exercise equipment on the market. I got my money's worth for the \$100 I spent. I personally doubled my lung volume and was able to remove my Jackson trache.



This is not a paid endorsement. It's just the opinion of a guy that used to have serious lung capacity issues.



### Standing Frame

I don't use it as much as I should but it is great for you physically. I have an Easy Stand Evolve XP. Get your fitting from a therapist and start shopping on-line, after I made my purchase I found I could have saved money buying it elsewhere.

### Electric Stimulation Exercises

For additional workouts I purchase a small electric stimulation unit that runs on 9 V batteries. I can work out my back, shoulders or torso in bed or in my chair.

Here's the contact information for the system and using.  
Carl Magnell 703.580.0439 [comagnell@gmail.com](mailto:comagnell@gmail.com)



Check out [www.MakeaSplashInc.com](http://www.MakeaSplashInc.com) for other ideas.



**Make a Splash! Inc will work with the newly injured and their families on the transition to life in a wheelchair. In addition we will introduce life with a disability to able-bodied audiences and express the importance of making good choices in their daily lives.**