



DOWN SYNDROME INNOVATIONS

Health & Wellness Services



A lifetime of support for a life

full of opportunities.

Health & Wellness Services

Down Syndrome Innovations offers a variety of Health & Wellness services to promote the long-term success of people with Down syndrome. Health and Wellness are critical for positioning individuals with Down syndrome for success in all aspects of life. These services are the result of our Lifespan Framework that addresses the skills of Daily Living, Communication, Social-Emotional, Community Engagement, Health & Wellness, Safety, and Vocational Development.

In addition to the services outlined within this brochure, Down Syndrome Innovations elevates health & wellness through periodic programming throughout the years such as Sports Skills Clinics; Educational Seminars for Caregivers; Young Athletes; Health Education and Fitness Nights for Teens & Adults; and Fitness-Focused Family Connection Events.

Individual Consultations for All Ages

Health & Wellness Consultation:

This is your opportunity to have your wellness questions answered, while also having the help you need in developing proactive strategies for incorporating more activity into your loved one's life.

Each person's situation is unique, which is why we use this time to learn more about your loved one's challenges so that we may offer informed advice—tailored to the individual. From learning more about common health conditions associated with Down syndrome to finding out how to improve activity levels, this is a great first step towards better health.



Nutrition Consultation:

This service creates a plan to set and achieve healthy eating goals. We will walk through factors to consider and healthy options for the whole family.

This is accomplished through utilizing the "Precision Nutrition" coaching method; customized diet goals; and a useful plan to achieve your goals.

Email wellness@kcdsi.org to schedule your intake appointment to discuss the best options for your family!

Exercise Classes

Small Groups for Teens & Adults

These 50-minute classes feature workouts tailored to each individual's goals, abilities, and experience levels. No two people are the same and we believe workouts should align with each person! Capped at six people, these classes provide personal coaching and attention. These workouts can be scaled and modified for any fitness level and are a great way to kick start the fitness journey!



Large Groups for Teens & Adults



These 50-minute classes are designed for general improvement of strength and endurance. Ideal for individuals who can follow along with minimal prompts in a group setting, these classes are great for those wanting to add exercise to their weekly routine. Each workout is structured to benefit multiple attributes of overall fitness, while also designed to be adaptable to all levels of experience.

Virtual Groups for All Ages

These weekly *ONLINE* fitness classes incorporate simple, body weight exercises that can be done from the comfort of home. Workouts are 30 minutes and designed to be engaging and easy to follow. No exercise equipment is necessary! All that is needed is a space to move and a device with an internet connection!



InBody Scan / Assessment - COMING SOON!

The InBody is a state-of-the-art body composition analyzer that can measure numerous health variables. The InBody is a powerful tool that looks deeper into your overall health, while also measuring incremental progress that could be missed by simply tracking weight alone.

While a scale only tells total weight, the InBody tracks so much more including:

- Changes in weight, skeletal muscle mass, and body fat percentage
- In-depth analysis of an individual's lean body mass
- Level of lean body mass in each segment of the body (arms, legs, and trunk)
- Fluid balance in each limb to reveal swelling or retention
- Visceral fat (fat deposited around organs)

Meet Our Talented Team Member:

Scott Quaife, NCSA-CPT, Health & Wellness Coordinator

Scott joined Down Syndrome Innovations in July 2020. He has over five years of experience providing health and wellness services to teens and adults with Down syndrome. He believes that physical health is a critical aspect of independence and quality of life. Staying updated on the latest Down syndrome health research and best practices, Scott focuses on ensuring his trainings are effective, engaging, and appropriate for all ability levels.



Scott is passionate about helping people with Down syndrome reach their fullest potential, while also creating awareness about the need for regular physical activity. He believes that functional fitness is critical to helping individuals gain and keep meaningful employment.

Among his accolades, Scott was selected to present at the 2022 National Down Syndrome Congress Annual Convention in New Orleans—a convention attended by thousands of people from across the globe!

Certifications:

- National Strength and Conditioning Association – Certified Personal Trainer
- Precision Nutrition Level 1 Coach

**For more information and fees for service,
please contact us at wellness@kcdsi.org**