



Exercise Programming Study using the Valemee® Visual System for adults with intellectual disabilities

A study is being conducted on the effectiveness of a proprietary visual system developed at Valemee® Fitness to promote lifelong fitness and exercise independence for those with mild to moderate intellectual disabilities. Please see below for additional study information.

LOCATION

- All sessions and appointments will be at: Valemee Fitness, 6631 Commerce Pkwy, Unit L
Dublin, Ohio 43017

ARE YOU ELIGIBLE?

- Study participants must be between 22-44 years of age
- Study participants must have a diagnosis of mild to moderate intellectual disability
- Study participants must NOT have major health risk factors
- Study participants must NOT have previous formal exercise programming in the past 6 months
- Study participants must NOT have previous experience at Valemee® Fitness

STUDY INFORMATION

- Participants will receive fitness testing and evaluation
- Participants will attend two 30 minutes sessions of personal training at Valemee® Fitness in Dublin Ohio for 8 weeks. (Time to be arranged between each participant and the trainer.)
- There is no cost for participation. Travel expenses to and from the Valemee® gym will be the responsibility of each participant.
- Participants will learn basic skills for completing exercises that may be generalized to other settings.

All questions can be directed to Dr. Carmen Swain, see information below.



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