

# Healthy Lifestyles Therapy Program

A Fairmount Rehabilitation Program at Kennedy Krieger Institute



## Who We Are

It is important that children with special needs get the exercise they need to help them build and improve strength, flexibility, balance, endurance, cardiovascular health, and even boost their overall well-being and confidence. The Healthy Lifestyles Therapy Program is designed to help children and adolescents with physical impairments explore their exercise options (e.g., aquatics, yoga, and adapted sports), begin an exercise program designed by an experienced therapy team, and continue their regimen at home or in community gyms.

## Who We Serve

Healthy Lifestyles was created for children and adolescents between ages 4 and 21, with chronic impairments caused by a variety of conditions that affect physical abilities, such as:

- Cerebral palsy or other developmental disabilities
- Acquired brain injury or other neurological disorders
- Spinal cord injury or dysfunction
- Chronic pain

## Summer Camp

Because we know that many of our patients are in school and may not have the time to devote to an intensive therapy program during school months, we offer a fitness camp during the summer. As in the regular treatment program, children are seen for six hours a day. During summer camp, all therapy is done in a small group.

## Our Team

The Healthy Lifestyles Therapy Programs are staffed by any combination of the following, working as an interdisciplinary team:

- Pediatric rehabilitation physicians
- Physical therapists
- Occupational therapists
- Nurses

## Our Treatment Approach

Healthy Lifestyles offers individual outpatient therapies on an ongoing basis, along with intensive, month-long, group programs in a summer camp atmosphere. In the future, we hope to offer group lessons in 10- to 12-week periods.

## Our Success

Our program has a proven record of success, with 100 percent of families surveyed indicating that the program addressed the needs they identified for their child.

## Contact Information

For more information or to schedule an appointment, please call **443-923-4587** or toll-free at **888-554-2080**.

TTY: **443-923-2645** or **Maryland Relay 711**

[www.kennedykrieger.org/rehabilitation](http://www.kennedykrieger.org/rehabilitation)

Referral specialists are available **Monday through Friday from 8:30 a.m. to 5 p.m.**

Healthy Lifestyles Therapy Program  
A Fairmount Rehabilitation Program  
1750 East Fairmount Avenue  
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We are all born with great potential.  
Shouldn't we all have the chance to achieve it?



Fairmount Rehabilitation Programs  
at Kennedy Krieger Institute

For more information, visit [www.kennedykrieger.org](http://www.kennedykrieger.org) or call 888-554-2080.