



### **Improve Balance and Build Strength**

"I transitioned to B.A.S.E. Camp after I felt I had reached a plateau with my physical therapy. I was in a continuous loop where I would be doing great with PT, and then re-injure my knee during everyday life-- setting me back a few steps. With the help of my physical therapist, I realized a sense of balance was a key factor, and mine was not good. I needed help with not only regaining balance, but also rebuilding strength. I attended Mindful Movement classes, and knew I had found my place. I learned how to make adjustments in how I walked, how I stood, how I carried myself. I learned how to align myself during exercises to get a better range of motion. And I could feel myself getting stronger! It's easy to carry what I learn in class through to everyday life. I highly recommend B.A.S.E. Camp to anyone who is looking for improved mobility!" - Tanna K.

### **Strengthening My Core and Stretching = Reduced Pain**

"B.A.S.E. Camp has been a blessing. I had some hip pain and I've been working with Rec Center PT to improve daily tasks and walking without pain. The therapists suggested I try adding B.A.S.E. Camp to my workout routine. I am so glad I did. My hip hasn't hurt for a very long time now. I've been attending Mindful Movement classes working on stretching and strengthening my core and other muscles that I had neglected to use." - Anne A.

### **Strengthen Weak Areas and Improve Form**

"When I first started B.A.S.E. camp I didn't know what to think of it. The exercises looked very simple with light weights, but they were more challenging than I thought. When you finish a session of B.A.S.E. Camp you know you have had a workout! You will discover areas where you are weak and use exercises to strengthen those weak areas. It has also helped me to adjust my incorrect form which affected my other workouts." - Tim S.

### **Revealed Weaknesses and Movement Deficits. Results – Stronger core, improved balance and posture!**

"I was doing therapy (at Rec Center Physical Therapy Clinic) and therapist Kris Dupont suggested I look into the new B.A.S.E. Camp classes that were starting at Collins Aerospace Rec Center. She set up the assessment and it opened my eyes that I needed to add this to my workout. I really enjoy the Mindful Movement class. It works on getting the core stronger, breathing and improving my posture and balance, which is so important as we get older. I particularly like the small suggestions to improve what I am doing to get the best results on each movement. I think the small class size makes this possible. Thanks for creating this option at the Rec Center." - Linda O.

### **Exercises Tailored Specifically to Individuals. Never Boring!**

B. A. S. E. Camp is well-suited for the pandemic. We wear masks and clean the equipment. One instructor works with 1 to 4 students in an area that is large enough for distancing. The instructor tailors exercises to individual needs and capabilities that day using the amazing assortment of equipment that is available in the B. A. S. E. Camp. I can decide how much challenge I need or want each time and often find I am doing more than I think I can. Every session I attend is different from the previous. B. A. S. E. Camp is never boring. It is like personal training at a lower price. - Sally O.

## **Return to the Activities You Love!**

There is a saying that "something is only as strong as its weakest link." This is true with our bodies. The FMS screen helps the trainer to identify the weak links in the body through a series of fundamental movement patterns and, with the appropriate prescribed exercises, correct them.

I have been told that I have a congenital hip issue that causes weakness in my right hip and that I am a candidate for early hip replacement. My thought was that, since it's congenital, it can't be helped or corrected. Several years ago I developed knee pain – also in my right leg. The pain limited my ability to do some of the things that I really enjoy such as biking, taking long walks, etc. It was also painful to do everyday activities like going up a flight of stairs. I tried a series of treatments hoping to remedy the pain. Nothing seemed to help. Upon learning about FMS, I was a bit skeptical that it could indeed help *me*.

When the Rec Center opened up their B.A.S.E. Camp program, I thought, "what do I have to lose?!" I felt that I owed it to myself to give it a try.

I took the first step and scheduled my initial screen. As I expected, the screen revealed some imbalances and movement dysfunctions. This encouraged me to take the next step. I signed up for a package of 5 B.A.S.E. Camp sessions to give the program a try. In just a few sessions, I began to experience relief from my knee/leg pain and see improvement in my hip strength and movement. After my initial package ran out, I purchased 10 more sessions to see if I continued to have improvement. After just 6 weeks in the program, my knee/leg pain was gone! I gained strength in my right hip so I no longer have any evidence of the congenital issue. And as a result, I have been able to return to the activities that I enjoy!

I am so thankful that I went with the "what do I have to lose" thought and gave the B.A.S.E. Camp program a try! I can now say "look at what I've gained!" The investment I've made in B.A.S.E. Camp has definitely paid off! - One very happy B.A.S.E. Camper!

## **Improved Range of Motion and Less Pain**

I am 68 years old. I have arthritis in my shoulders, back, hips and knees. I was experiencing some pain, weakness and loss of motion in my shoulders. I tried B.A.S.E. Camp to see if this would help these problem areas. I have been doing B.A.S.E. Camp for a few months. I have already seen improvement in my range of motion and less pain. B.A.S.E. Camp targets the areas you need to work for strength and flexibility. B.A.S.E. Camp also works on your balance. I have days where my balance is better than others but have seen an overall improvement. I enjoy the variety of exercises we do in B.A.S.E. Camp and like seeing positive results. - Dana M.

## **As the Name Promises - Improves Balance, Agility, Strength and Endurance!**

I had noticed signs around the Rec Center advertising B.A.S.E. Camp but, I just assumed it was beyond my capabilities. That was until I overheard several members talking about it with my Pilates instructor. My instructor thought it would benefit me and compliment my Pilates effort. She encouraged me to check it out.

After having two total knee replacements I was struggling to get in shape and build back my strength and improve my balance, B.A.S.E. Camp does both in addition to helping with agility and endurance. The B.A.S.E. Camp instructors are fantastic, and willing to meet you where you are at physically in your health journey.

After four months I can literally feel I'm developing a stronger core and my balance and posture are improving. I am so pleased I was able to make time in my schedule for B.A.S.E. Camp and looking forward to getting stronger.

I would definitely recommend B.A.S.E. Camp to anyone wanting to improve their **B**alance, **A**gility, **S**trength and **E**ndurance. - Barb C.

## **B.A.S.E. Camp – The Perfect Complement To My Exercise Routine**

I have been participating in B.A.S.E. Camp classes since the Rec Center reopened in May. For several years I have been experiencing instability in my hips and pelvis with a couple of severe flare ups of sciatica in 2019. Since then I have been focusing on core strength and rotation, hip opening and stretching and lengthening through my legs. B.A.S.E. Camp has been a perfect complement to my exercise routine. It is great to have an FMS (Functional Movement Systems) trained instructor watching and assisting me with my form and movement patterns.

I enjoy taking a break in my day to attend B.A.S.E. Camp one to two times per week. The trainer works with me to build on specific patterns where I am weak. As I gain strength and perform the movement patterns correctly, the trainer adds weight to challenge me and improve my conditioning. I have learned that performing only one type of activity does not serve my body well, so I incorporate activities I enjoy such as walking, jogging, biking, Zumba, Pilates, light weights, Yoga and B.A.S.E. Camp most every week.

The B.A.S.E. Camp instructors are very motivating and knowledgeable. I would encourage anyone, no matter their level of Fitness, to try out a B.A.S.E. Camp class. The class sizes are small and the instructor is able to adapt the movement patterns to the ability of each participant. You will experience using many different types of equipment, which not only builds strength, it builds confidence!

But you don't have to take it from me, from March 22<sup>nd</sup> through April 26<sup>th</sup> you can "Try Out" B.A.S.E. Camp one time for Free in our "Try Out" B.A.S.E. Camp class Mondays 11 AM or 5 PM that allows you to experience the benefits of B.A.S.E. Camp before committing. I hope to see you in B.A.S.E. Camp!

Sandy Holterhaus, RDN, LD, CYT – Collins Aerospace Rec Center