



National Center on Physical Activity and Disability  
 SCI DVD & QUICK SERIES BOOKLET ORDER FORM

The *Exercise Program for Individuals with Spinal Cord Injuries: Paraplegia* video is funded by the Christopher & Dana Reeve Paralysis Resource Center and developed in conjunction with the Rehabilitation Institute of Chicago and the National Center on Physical Activity and Disability. This seated video designed for individuals with paraplegia includes an aerobic, strengthening and flexibility exercise program. Warm-up and cool-down exercises are included.



The *NCPAD Quick Series Guide on Exercise for Individuals with Spinal Cord Injuries: Paraplegia* is a pocket-sized reference guide on exercise for individuals with paraplegia. This is an excellent resource that can be used to complement the exercise video, or as a guide while exercising in your home or at the fitness center.

ITEM	Quantity	Pricing	Subtotal
DVD		Sale Price: \$14.99 <i>(originally \$25.00)</i>	
VHS		Sale Price: \$14.99 <i>(originally \$25.00)</i>	
SCI Quick Series Booklet		\$ 4.99	
<b>Combo Set:</b> SCI Video (DVD or VHS) and SCI Quick Series Booklet		\$16.99	
		<b>Total Cost:</b>	<b>\$</b>

Name: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

**PAYMENTS:**

Please make **check** or **money order** payable in U.S. dollars to: UIC/NCPAD  
 Mail to:

National Center on Physical Activity and Disability  
 Sheila Swann-Guerrero/SCI DVD  
 1640 West Roosevelt Road, Suite 711  
 Chicago, IL 60608-6904

For *credit card payments*, questions or inquiries, please contact us at:

Phone: 800-900-8086  
 Fax: 312-355-4058

**SURVEY OF NCPAD-DEVELOPED PRODUCTS**

In order to serve our consumers better by developing more high quality products to promote physical activity for people with disabilities and health conditions, NCPAD would like to ask you a few questions regarding the use and/or the purpose of the product that you have requested to purchase. **Please turn the page and take some time to complete the short *SURVEY OF NCPAD-DEVELOPED PRODUCTS*.**

**Office use only:**

Date received: \_\_\_\_\_ Payment received: \_\_\_\_\_ Initials: \_\_\_\_\_

**SURVEY OF NCPAD-DEVELOPED PRODUCTS:  
Exercise Video for People with SCI: Paraplegia and Quick Series Booklet**

1. Please help us identify our users. Please check the item that best describes you:

Person with a disability/health condition

If so, please specify: \_\_\_\_\_

Person without a disability/health condition

Practitioner

Researcher

Organization

Family member

Friend

Other

2a) Who will use the requested NCPAD product/s? Please check all that apply:

Self

Family member

Friend

Clients/ Participants/ Constituents

Other

2b) What disabilities/health conditions do the individuals who will use the NCPAD product/s have?  
Please list:

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3) In what setting will this product be used?

personalized exercise program

group exercise program

4) If this product is for yourself, how often do you currently engage in physical activity?

4a) minutes per day:

1-15 minutes/day

16-30 minutes/day

31-45 minutes/day

46-60 minutes/day

more than 60 minutes/day

not at all

4b) days per week:

1-2 days/ week

3-5 days/ week

6-7 days/ week

not at all

**Office use only:**

Date received: \_\_\_\_\_ Staff Initials: \_\_\_\_\_