



MS Forward provides programs designed to address the unique needs of people living with MS.

Supervised Fitness

A 1-hour program designed for those who have completed their physical therapy and wish to continue with a long-term exercise program that addresses personal needs.

Pilates/Stretching

Increased core muscle strength, balance, and improved mental health is the focus of this program. Both active and passive stretching movements have been incorporated to reduce spasticity and muscle tightness.

Whole Body Vibration

Whole body vibration therapy massages, relaxes, strengthens, and tones the body, affecting circulation, flexibility, and range of motion regardless of disability and/or age level.

Monthly Fees | No Membership Required

2 times per week	\$30
3 times per week	\$39
Unlimited	\$49

Classes

Small group and private classes available.

For class schedules, call 402.330.6292 for days/times.

Therapeutic Massage

Improve circulation, relax muscles, increase mobility, increase range of motion, and improve pain management. All are keys to living well. Call 402.330.6292 for pricing.

ABOUT THE TRAINERS

Daryl Kucera has a B.S. in Fitness Science with a focus on Medical Fitness Specialization. A Certified Personal Trainer and Youth Sports Conditioning Coach by the International Fitness Professionals Association; he is also the founder and owner of Fast Forward. Daryl was diagnosed with multiple sclerosis in 2001. He can personally attest to the need for physical fitness to combat the potentially damaging effects of the condition.

Jeanna Vogel graduated from the University of Nebraska-Kearney in 2007 with a Bachelors degree in Exercise Science Management. She joined the Fast Forward staff in 2007 and has developed a Yoga/Pilates class for those with Multiple Sclerosis.

Della Roach has been a Massage Therapist for four years. She has worked with a wide variety of clients ranging from the high school athlete to clients with MS. Della is educated and experienced using a range of relaxation modalities, deep tissue, neuromuscular, trigger point, and muscle release techniques.



402.330.6292

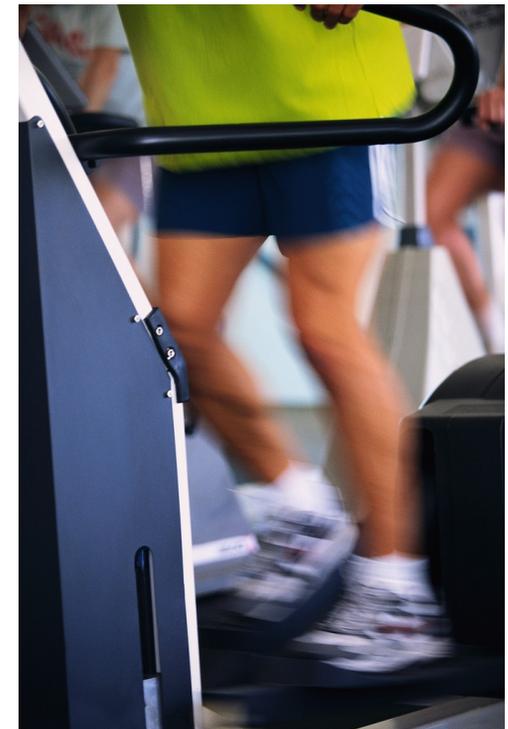
**14929 Industrial Road
Omaha, NE 68144
www.MSForward.org**

**For information & Donations
A United Way Approved Charity**



A Division of Fast Forward

Dedicated to a community of health and wellness



Exercise and Multiple Sclerosis



Adaptive Equipment

Energy

Laughter

Exercise, once thought as counter to the treatment of multiple sclerosis, has proven a vastly effective therapy to combat the potentially damaging effects of the disease.

Fast Forward is the nation's only medically-recognized exercise program dedicated to keeping adults, diagnosed with MS, on a path to lifelong wellness. We have been privileged to partner with multiple medical organizations to complete health-related studies showing the benefits of exercise. Benefits that extend far beyond the physical!

Mental Clarity



Whole Body Vibration



Balance

Weight Control

Our Story

In August 2001, Fast Forward Gym opened its doors in Omaha, Nebraska, to provide sports conditioning to young athletes. One month after opening the gym, Fast Forward's owner and founder, Daryl Kucera, experienced the first symptom of what turned out to be a life altering diagnosis of Multiple Sclerosis (MS).

Multiple Sclerosis is a disease impacting the nerves in the brain and spinal cord, impacting over 400,000 Americans. Symptoms may include numbness, muscle weakness, imbalance, difficulty walking, and cognitive issues. Unfortunately, at this time there is no cure.

The uncertainty surrounding his diagnosis and the desire to remain active motivated Daryl and his team to alter Fast Forward Gym's mission. In May, 2003, with the assistance of Mary Filipi PhD, family, and prayerful support of many, Fast Forward Gym began providing supervised fitness programs dedicated to keeping adults with MS active. Since that time, over 280 adults with MS have participated in regular specialized fitness workouts at the Fast Forward Gym.

In March, 2010, MS Forward, a not-for-profit extension of Fast Forward Gym, was formed to focus, specifically, on those members with MS.

MS Forward refined the supervised fitness programs to incorporate the gym's adaptive exercise equipment with innovative exercises.

MS Forward has evolved into a facility and program that extends beyond exercise. It is a community of possibilities and abilities. MS Forward now serves as a resource for wellness, education, and social support for individuals with multiple sclerosis and other neurological conditions.

Less Stress



Community

Seeing is Believing

"Strength conditioning and balance issues play a large part in maintaining or reclaiming function for individuals with multiple sclerosis. This is done in a great atmosphere with certified trainers who are aware of the special needs of the individual with MS."

Mary Filipi, ARNP, Ph.D.

"I am so thankful for the gym. It is a wonderful 'positive attitude' only support group. I know exercising helps me tremendously."

Carol Hendrix, diagnosed with MS in 1985, participating since March 2004

"Working out at Fast Forward has increased my strength and stamina, and gives me a fun support network. My neurologist has noticed my physical improvement and I'm encouraged because I used to think with MS I could only go downhill."

Rita Hejkel, diagnosed with MS in 1996, participating since June 2003

"Confidence, strength, and coordination are all very important to anyone diagnosed with MS. Fast Forward and my faith in God have attained this for me once again. I can't say enough about Daryl and his staff."

Jeff Wesson, diagnosed with MS in 1996, participating since September 2003

"Fast Forward is a wonderful place to work. I can honestly say I enjoy coming to work everyday. We are like a family here and we support and encourage each other everyday. We all hold each other accountable for being here and it's definitely more than a workout facility. Thank you, everyone, who participates in the Fast Forward programs for brightening up the world. I love you all."

Jeanna Vogel – Fast Forward/MS Forward trainer, diagnosed with MS in 2004