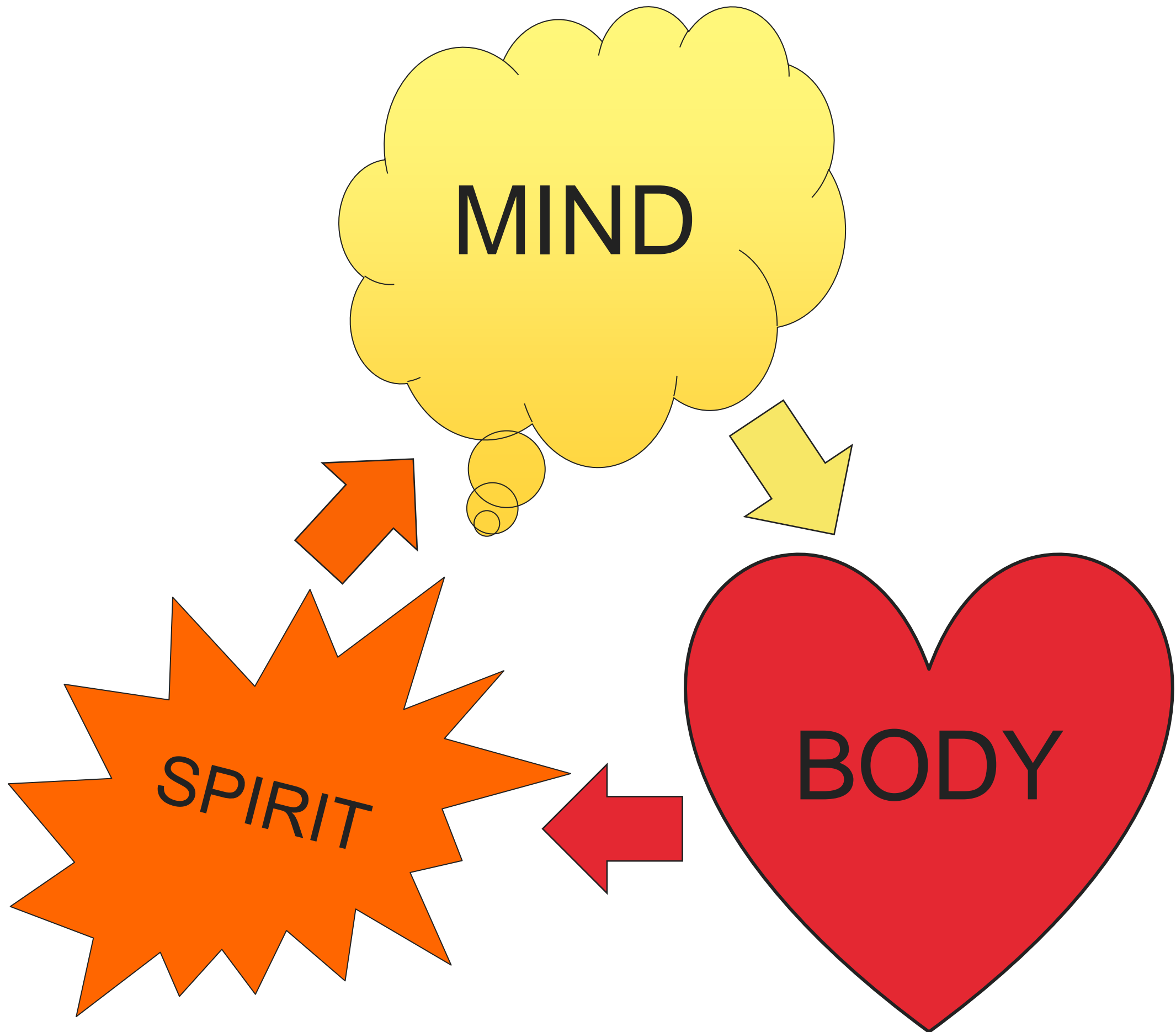




AARON BAKER

BUILDING PHYSICAL AND
EMOTIONAL STRENGTH
AFTER SERIOUS INJURY



MIND



WILLINGNESS
TO TAKE THE STEP



ALLOW HELP
TOGETHER EACH ACHIEVES MORE

THE RIPPLE EFFECT



DON'T LOOK BACK

YOU'RE NOT GOING
THAT WAY



June 29, 1999
Left hand writing

It
WR-22 W/AZ 4

THE FIRST STEP IS TO VISUALIZE
WRITE IT DOWN

A

ACTION

C

CHANGES

T

THINGS



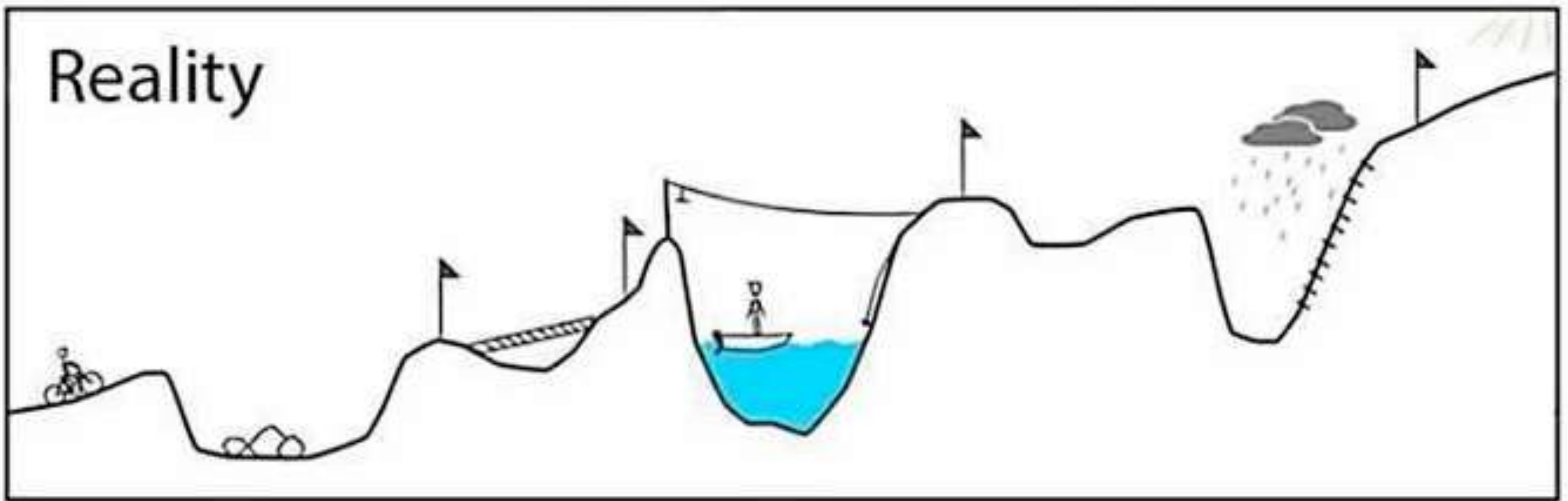
- SHORT-TERM
- LONG-TERM
- ULTIMATE

BLANK CANVAS
CREATE YOUR FUTURE

Your plan



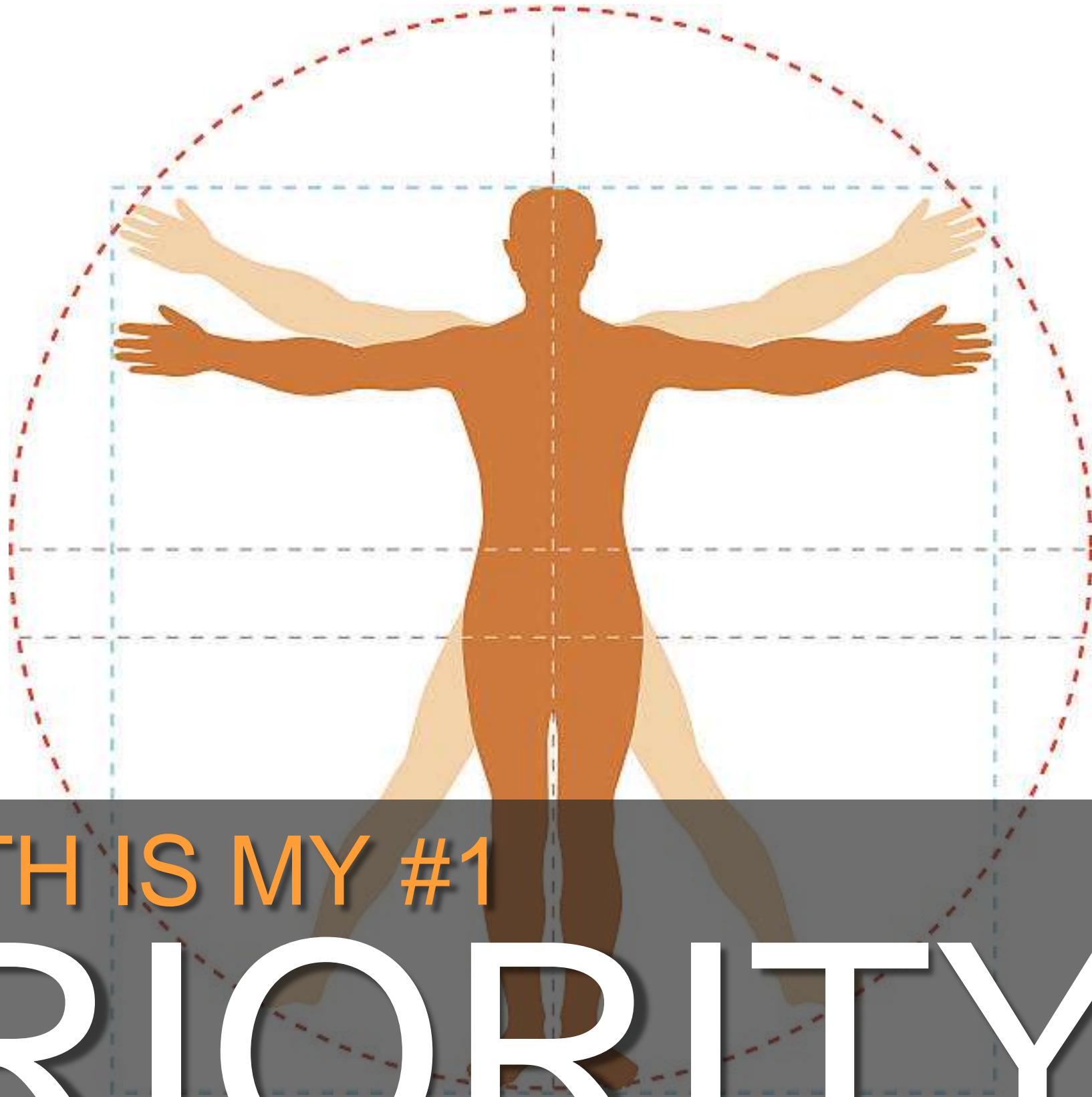
Reality





POSITIVE & PROGRESSIVE
ENVIRONMENT

BODY



HEALTH IS MY #1

PRIORITY



COMMITMENT
BABY STEPS



CONSISTENCY IS KEY
EVERY BRICK COUNTS



WRITE 3 WEEKLY

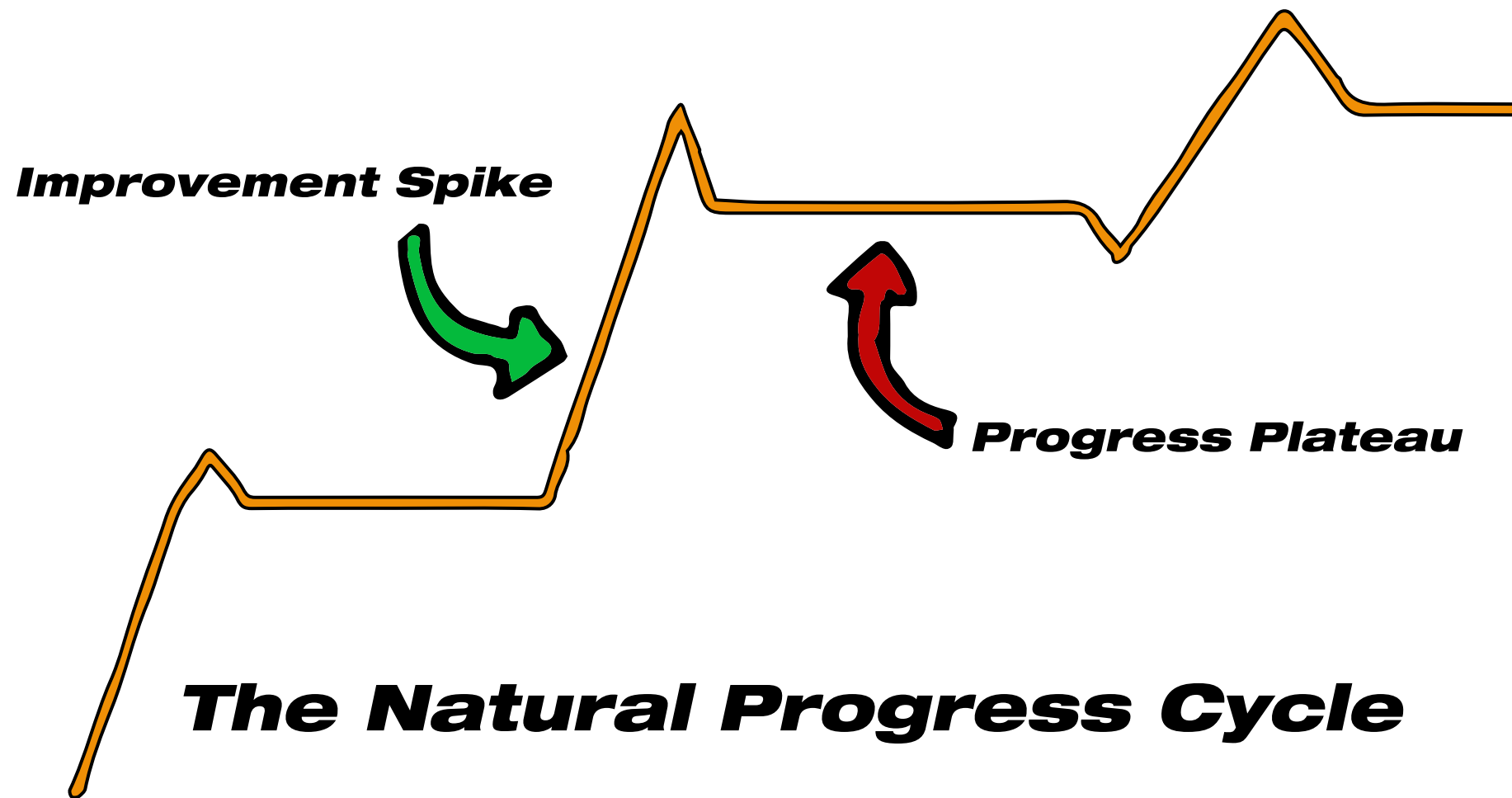
ACHIEVEMENTS



REMOVE THE EXPECTATION OF
TIME



SELF-INDUCED
SUFFERING



RISE TO THE

CHALLENGE

SPIRIT



REVERENCE &

GRATITUDE



FAMILY

GATHERING

PERSONAL REST &

RELAXATION





SELF CARE

WHAT I USE



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RESTORATIVE EXERCISE

QUALITY MEDICAL SUPPLIES

JAW



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EasyStandli







MODIFIED

ADVENTURE

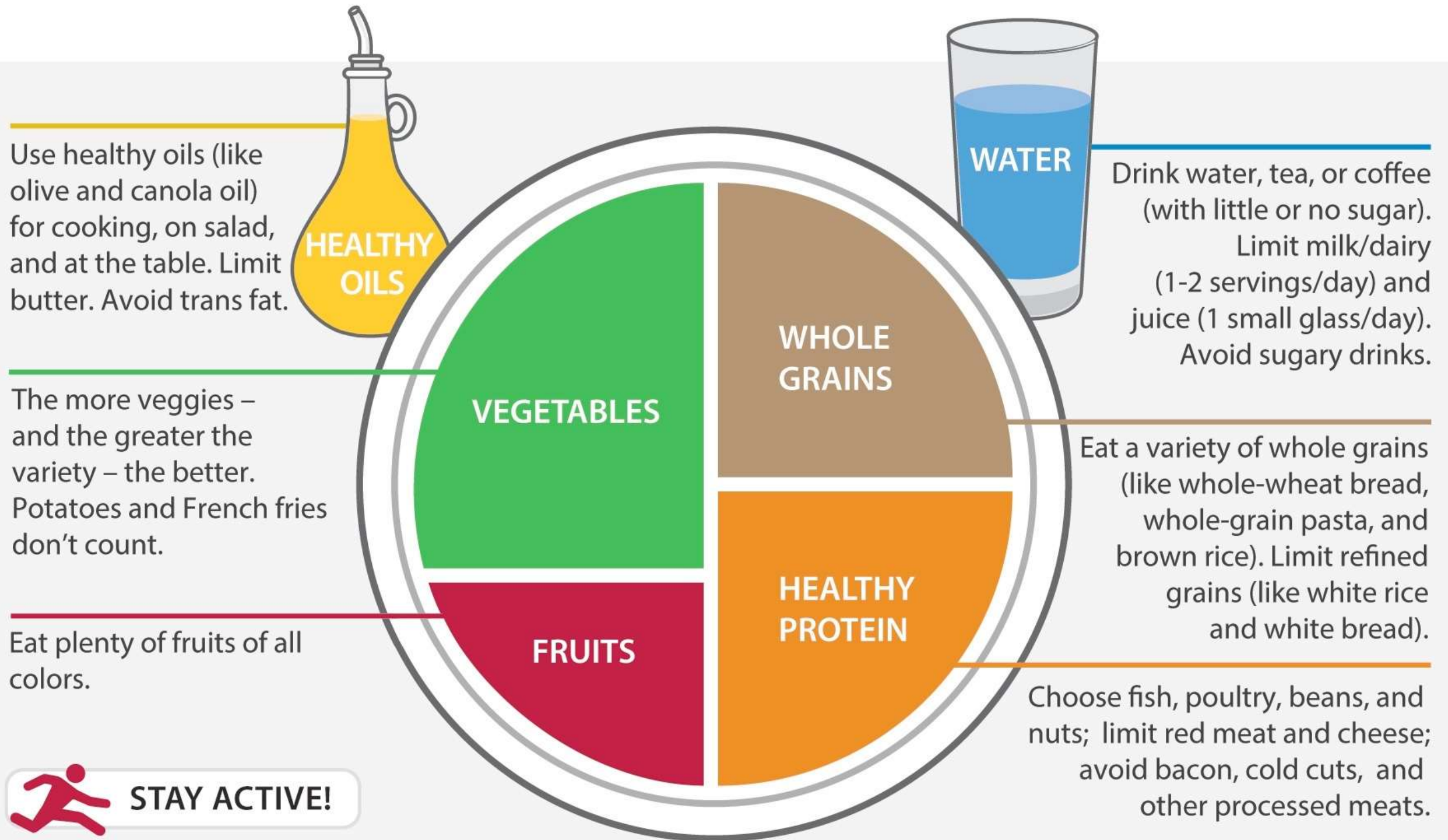




EAT

WELL & BALANCED

HEALTHY EATING PLATE



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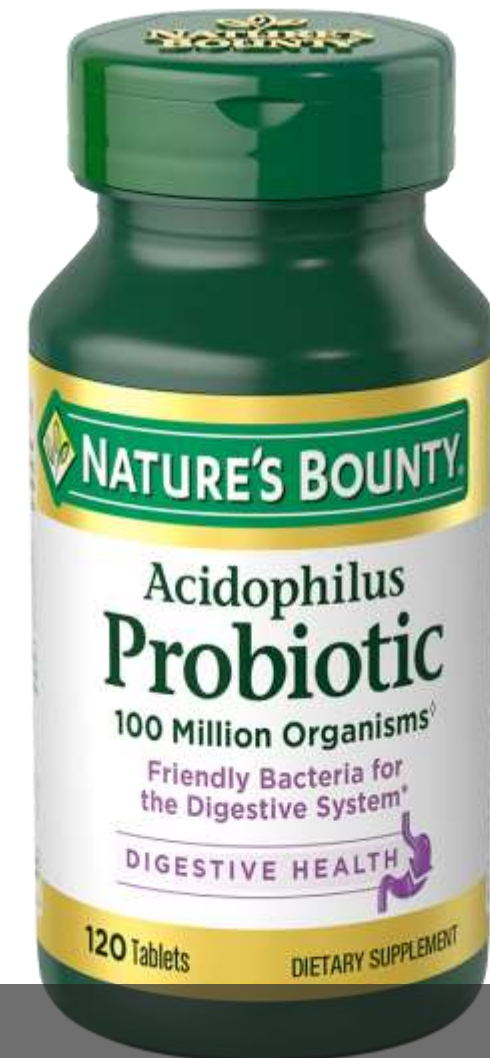
BONE
HEALTH



ADDED PROTEIN &
QUALITY
CALORIES



DIGESTION
HEALTH



AS NEEDED

SUPPLEMENTS

SOCIAL



SANTA CLARITA
MARATHON

SANTA CLARITA MARATHON

SPONSORED BY
**PARKWAY
SUPERCENTER**

6:43:57

CHARITY SPORTING
EVENTS

ORGANIZATIONS

- ▶ WINGS FOR LIFE WORLD RUN
- ▶ CHALLENGED ATHLETES FOUNDATION
- ▶ TRIUMPH FOUNDATION
- ▶ LIFE ROLLS ON
- ▶ ACCESS UNLIMITED
- ▶ HIGH 5'S FOUNDATION
- ▶ PARALYMPIC SPORTS CLUB
- ▶ US ADAPTIVE RECREATION CENTER



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COMMUNITY



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- Less documentation

VISIT OUR SPINAL CORD INJURY COMMUNITY FOR HELPFUL ARTICLES, VIDEOS AND ASK AARON!



Spinal Cord Injury – Helpful Links and Resources

Spinal cord injury resources for individuals with spinal cord injury and their family, friends and caregivers. Find tips, support groups and more.

Sarah Herrera



Skin Care – Living with Paralysis

There is much more to know about the skin when living with a spinal cord injury. Read our Spinal Cord Injury Lifestyle Specialist's article about skin care.

Aaron Baker



Video: Air Travel with a Spinal Cord Injury

Aaron Baker, Shield HealthCare's Spinal Cord Injury Lifestyle Specialist, takes on his trip. Learn how to travel with a disability.

Aaron Baker

ASK AARON

Q. I have progressive MS and I find it hard sometimes to have a positive attitude. How do you reach out to others?

Mary

A. The psychological roller coaster of life can be dramatically amplified by a physical condition like MS or spinal cord injury - no doubt! ...

[View More](#)



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