Build on your strengths
Rejoice in your capabilities
Imagine the possibilities

Renewable Fitness founder, Sue Scott, has exceptional knowledge and experience related to balance and mobility in older seniors. An author and researcher, Sue has a bachelors and master’s degree in Exercise Science and is certified by the American College of Sports Medicine (ACSM).


In 2007, at Oregon Health Sciences University (OHSU) as lead trainer for Dr Fay Horak, Sue wrote HELP PD, an agility exercise program to delay mobility losses from Parkinson’s disease. Today, with OHSU’s Health Coaching Project, she’s developing exercises to bolster cognition & balance in adults over 75.

Sue currently offers workshops on balance, Parkinson’s disease and cognition in older adults and has presented ABLE Bodies for ACSM, IDEA, APHA, IAHSA, ICAA and others.

I so enjoy reading and putting to practice all your evidence-based ideas. I always find your approach to be pragmatic, easily adaptable, and with excellent research as a foundation.

– Diana Bernstein, Fitness Director; Mennonite Village, Albany Oregon

... Imagine the possibilities!
Sue’s professionalism, expertise, skill, education and knowledge in this business has provided my staff with a wealth of information and tools that we have been able to use very successfully within our community. —Mary Chapman, Fitness Program Manager, Mary’s Woods at Marylhurst

It was important to find a trainer that would tailor a program to my mom’s needs and capabilities. Sue Scott has been wonderful for her, physically and emotionally—Irene Whitney, Client daughter

**MEET THE TEAM**

**Customized Services**

- Personal Training
- Group Exercise
- ABLE Bodies® Workshops & classes for staff or residents
  - Balance
  - Parkinson’s
  - Cognition
  - Rhythm & Moves
  - Belly Button Training
  - Tai Chi
- Cool Tools For Trainers
  - Books and publications
  - Fun brain games
- Consultations & Assessments
- Certifications, CECs
- Research contracts

**Sue Scott, MS**

Owner, Renewable Fitness
Author, Lead Trainer
Presenter
MS, Exercise Science & Research
ACSM HFS certified, insured

**Ashley Scott, BS**

Associate Trainer
BS, Exercise Science
ABLE Bodies® certified
Insured

**THE ABLE BODIES® DIFFERENCE**