



**Sue Scott, M. S. Active Living and Balance Specialist**

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### Summary

**Demonstrated achiever with exceptional knowledge related to balance and mobility in older seniors. Strong commitment to the value of active living.**

- Proven ability to write curriculum for balance and mobility improvement in older adults.
  - Intuitive, enthusiastic and talented presenter. Able to communicate ideas clearly and effectively.
  - Demonstrated ability to form coalitions between community entities to achieve common goals.
  - Catalyst for action and community connections.
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### Career History & Accomplishments

**Creator of ABLE BODIES®**, *Happy Valley, Oregon*. ABLE BODIES is a unique, evidence-based balance and mobility training curriculum. It is designed for retirement and assisted living communities and/or for individuals with compromised balance. A published instructor's manual is available, *ABLE Bodies Balance Training*. 2008; Human Kinetics.

*Since  
2000*

- ABLE BODIES received national recognition and funding in 2003 from the Robert Wood Johnson Foundation's National Blueprint/Active Aging Partnership ([www.agingblueprint.org](http://www.agingblueprint.org)). Co-Sponsors for this efficacy study were Oregon Health & Science University, Terwilliger Plaza and Renewable Fitness.
- ABLE BODIES techniques significantly improved balance, mobility and activity levels in participants, aged 75-93, in a randomized controlled trial. Abstract published, MSSE 37:5 supplement.
- Presented ABLE BODIES curriculum for International Council on Active Aging (ICAA) Dec 2008, 2009, 2010; IDEA World Conference, San Diego, July 2007; International Association for Homes and Services for the Aging (IAHSA), Trondheim Norway, June 2005; American College of Sports Medicine, Annual Meeting, Nashville, TN, June 2005; Oregon Health Care Association, Portland Oregon, September, 2005; and American Public Health Association (APHA), Philadelphia, PA, December 2005.
- Nominated by peers to receive Robert Wood Johnson Community Leadership Program award, 2005

Since  
1986

**Renewable Fitness, LLC; Owner, Portland Oregon**

Programming and specialized exercise training for individuals and groups to improve balance and mobility and thereby facilitate active living, independence and enhanced quality of life. Develop and implement collaborative research opportunities related to balance and mobility for the elderly. Consulting and teaching. Presentations and training for exercise professionals including physical therapists, personal trainers and related activity professionals. In addition:

- 2010- current, with Misha Pavel, Holly Jimison, PhD & Don Young, PhD; OHSU in Cognitive Health study, in collaboration with Berkeley and the NSF. The study will examine effect of exercise and four other interventions on cognitive health in older adults. My role is to write and supervise delivery of an exercise intervention that can be maximally effective at improving cognitive health, in an on-line format.
- 2006-2008, working with bio-medical engineers Misha Pavel, PhD & Holly Jimison, PhD; OHSU. Drs. Pavel and Jimison are specialists in technology for aging. In 2006 they were awarded a prestigious grant from Intel and the Alzheimer Association to develop “interactive exercise videos” for older seniors. My role in their project is to develop the exercise plan and its delivery, using activities from ABLE Bodies. Additionally, my role is to develop relationships with assisted living communities, recruit subjects, maintain their compliance, and maintain relationships between management and researchers at involved assisted living facilities.
- Since 2005 with Fay Horak, PhD, PT, and Jay Nutt, MD at OHSU’s Neurological Sciences Institute. Develop intervention exercise programs to defer mobility loss in Parkinson’s subjects. Assist in program design to address specific constraints of Parkinson’s; write instructor and participant manual; supervise and train program trainers who will train subjects over the course of the study. Results to be published.

**Portland State University: Lecturer, Instructor.**

Undergraduate courses: Lecture courses (1997-200): Kinesiology, Exercise Prescription Health Promotion. Activity course (since 1997) Basic Circuit Training, adapted for seniors.

1997-  
2009

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**Publications & Presentations**

Scott, Sue. *Rhythm and moves for balance and cognition*. ICAA Functional University; Vol 9 No 4, July-August 2011.

Scott, Sue. *Agility Training for Parkinson's Disease*. Workshop and Lecture. ICAA Conference, Orlando, Florida December 2009.

Scott, Sue; King, Laurie. *Three Exercise Applications for Parkinson's Enhance Physical and Cognitive Function. Evidence-based components of 3 therapies, BIG, Aerobic and Agility ,that improve and protect mental and physical function for patients with PD*. Active Aging Today; Jan/Feb, 2010.

Scott, Sue. *Arm's Length Balance Training for Frail Adults*. Workshop and Lecture. ICAA Conference, San Antonio Texas, December 2008.

Scott, Sue. *Activities that Improve Balance*. Functional U, an ICAA publication, Vol 6No3; May-June 2008.

Perkins, J; Pavel, M; Jimison, BH, Scott, S. *Gesture Recognition for Interactive Exercise Programs*. Research paper selected for presentation at the 30th Annual International Conference of the IEEE Engineering in Medicine and Biology Society, Vancouver, British Columbia, Canada, 20th - 24th August, 2008.

Scott, Sue. *ABLE Bodies Balance Training*. Human Kinetics, book in publication. Release date: August 29, 2008.

Scott, Sue. Sensational (and Other Fun) *Activities to Improve Balance and Strength in Older Adults*. Workshop and lecture. Oregon Gerontological Association. Hillsboro, Oregon August, 2008.

Scott, Sue. Sensational Activities that Improve Balance. Publication. ICAA Functional U, Balance Issue Volume 6: Number 3; May June 2008. August.

Scott, Sue. *Balance Training Toolbox for Older Adults*. Workshop and lecture. IDEA World Conference; San Diego, California. July, 2007.

Rosenberg RI, Scott SM, Kraemer DF. *Methods to Improve and Maintain Balance, Mobility, Flexibility and Balance Confidence in Older Individuals*. Oral Presentation, American Public Health Association Annual Meeting, Philadelphia, December 2005.

Scott, SM, Forkgen T, Nystrom, B. *ABLE Bodies- Strategies to Enhance Balance in Aging*. Workshop. Oregon Health Care Association conference, Portland, Oregon, September 2005.

Scott SM, Forkgen T, *Better Living through Exercise, ABLE Capable and Balanced*. Workshop and lecture. International Association for Homes and Services for the Aging, Sixth international conference, Trondheim, Norway, June 2005.

Scott SM, Rosenberg RI, Kraemer DF. *Methods to Improve and Maintain Balance, Mobility, Flexibility and Balance Confidence in Older Individuals*. Poster Presentation, American College of Sports Medicine, 52nd Annual Meeting, June 2005.

Scott SM, Rosenberg RI, Kraemer DF. *Methods to Improve and Maintain Balance, Mobility, Flexibility and Balance Confidence in Older Individuals*. (Abstract). Medicine and Science in Sports and Exercise, 2005; Vol 37:5 Supplement.

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<b>Education</b>	<b>M.S. Degree Exercise Science and Sports Research</b> <i>Portland State University, Portland, Oregon.</i>	<i>1991</i>
	<b>B.S. Degree in Exercise Science</b> <i>Portland State University, Portland, Oregon.</i> Internship with NIKE Sport Research Laboratory, Beaverton Oregon; nominated Outstanding Senior.	<i>1988</i>
<b>Certifications</b>	<b>ACSM Certified, Health &amp; Fitness Specialist</b> , since 1988 <b>Master Trainer, IDEA Health and Fitness Source</b> , since 1998 <b>First Aid &amp; CPR</b>	<i>Current</i>