

Sue Scott, MS, is a demonstrated achiever in the field of active aging, with exceptional knowledge related to balance and mobility for older adults. In 2003 she created a comprehensive, multi-modal balance training program, ABLE BODIES® (published by Human Kinetics, 2008). Her program achieved wide acclaim for its effectiveness, creativity and fun.

Sue worked with OHSU developing HELP PD, a sensori-motor agility program for Parkinson's. Sue is currently developing videos and on-line training based on ABLE Bodies with OHSU and Berkeley.

Sue has presented for ICAA, IAHSA, ASCM APHA, and IDEA. Sue has a masters in Exercise Science; is an IDEA Master Trainer and an ACSM certified Health and Fitness Specialist.