



Sara Bright (CTRS), Adaptive Fitness and Recreation Specialist

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Role:

As the Adaptive Fitness and Recreation Specialist (AFRS) here at L.I.F.E. I support the Academy in providing physical education to all classrooms, managing the Adaptive and Inclusive Recess Program, and running other fitness related programs for our consumers and staff.

Education:

- B.A. in Parks & Recreation Management, Arizona State University, 2012
- Therapeutic Recreation, Arizona State University, 2012

Special Certifications:

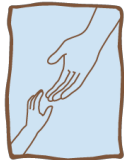
- Jeff Ellis & Associates Lifeguard, CPR, First Aid - 2018-Current
- Ai Chi Certification – 2018 - Current
- Starfish Aquatics Institute Swim Instructor -2017 - Current
- ACA- Level 1 Kayaking Instructor - 2017- Current
- National Council for **Therapeutic Recreation Certification (CTRS)** - 2015-Current
- Silver Sneakers Classic and Splash Certification - 2015- Current
- Certified Lifeguard, CPR, First Aid Red Cross of America - 2011- Current

Expertise:

- Adaptive group fitness and sports
- Aquatics
- Fitness programs to promote health of individuals with disabilities
- Leisure outings, leisure education

Career History:

Prior to coming to L.I.F.E., I worked as a Recreational Therapist at Ability360 Sports & Fitness Center and well as inpatient and outpatient at Rehab Without Walls. I have provided individual and group therapy sessions to a wide variety of abilities and ages including those with developmental, physical, behavioral, and social deficits. I joined the L.I.F.E. team August 1st, 2019.



L.I.F.E.
LAUREN'S INSTITUTE
FOR EDUCATION

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Personal Treatment Philosophy:

I use a team and holistic approach while using play and leisure activities to focus on obtaining certain individual's goals.

Personal:

I am from the northern mountains of Flagstaff, Arizona and came to Phoenix to play college soccer. Sports have played a vital role in my life. When I am not working, I enjoy time with my son Brecken and husband Nicholas.