

Strength

James M. Renuk

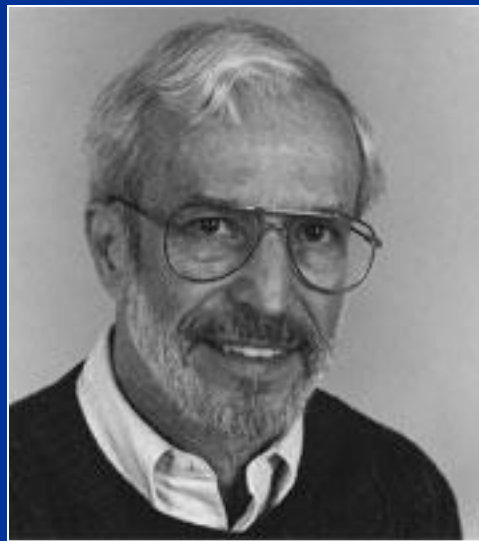
Intramural Sports Coordinator

MSU Intramural Sports & Recreative Services

Michigan State University



Honoring Dr. Arnold Werner



I'm Jim Renuk!



Intermural Sports
Coordinator

🔊 IM Sports and
Recreative Services

Michigan State
University

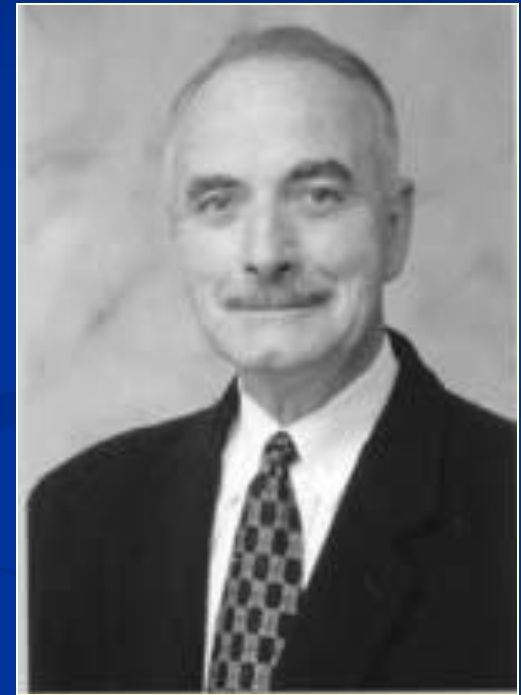
I'm Jim Renuk!



B.S., Food Science

B.S., Human Nutrition

M.S. Exercise Physiology



Dr. Larry Sierra



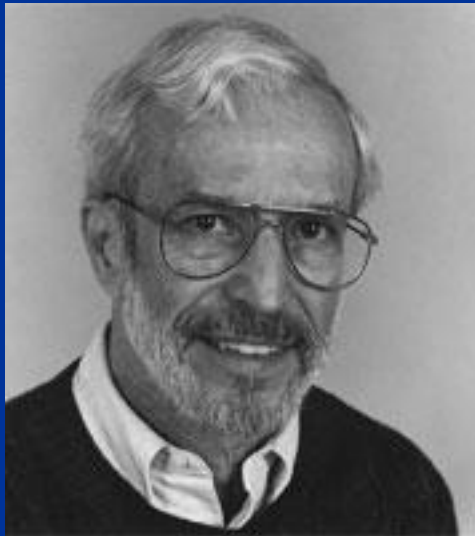
Adult CP

It's good to have this workshop!



A Slight Change in our Title

Workshop on Adults with Cerebral Palsy



My Life

I was born July 1, 1953



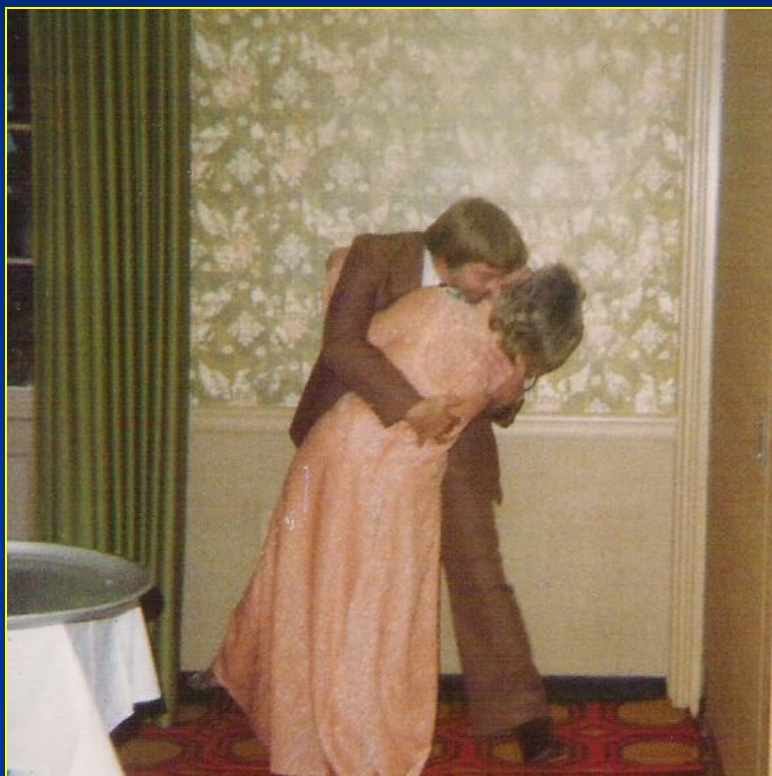
Dad's Ship



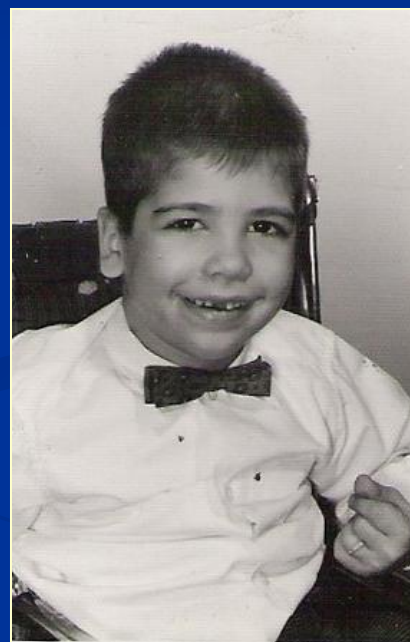
“Mom Barb”



1956



Dad and Mom Noreen



Me

First “Schooling”

First “school”: In a wing of a hospital in Detroit.
Therapy Only (PT, OT, Speech)

Then, Rackham Lab School in Eastern
Michigan University



The Seed was Planted.

I was 7 years old...



Eastern Michigan University, Ypsilanti, Michigan

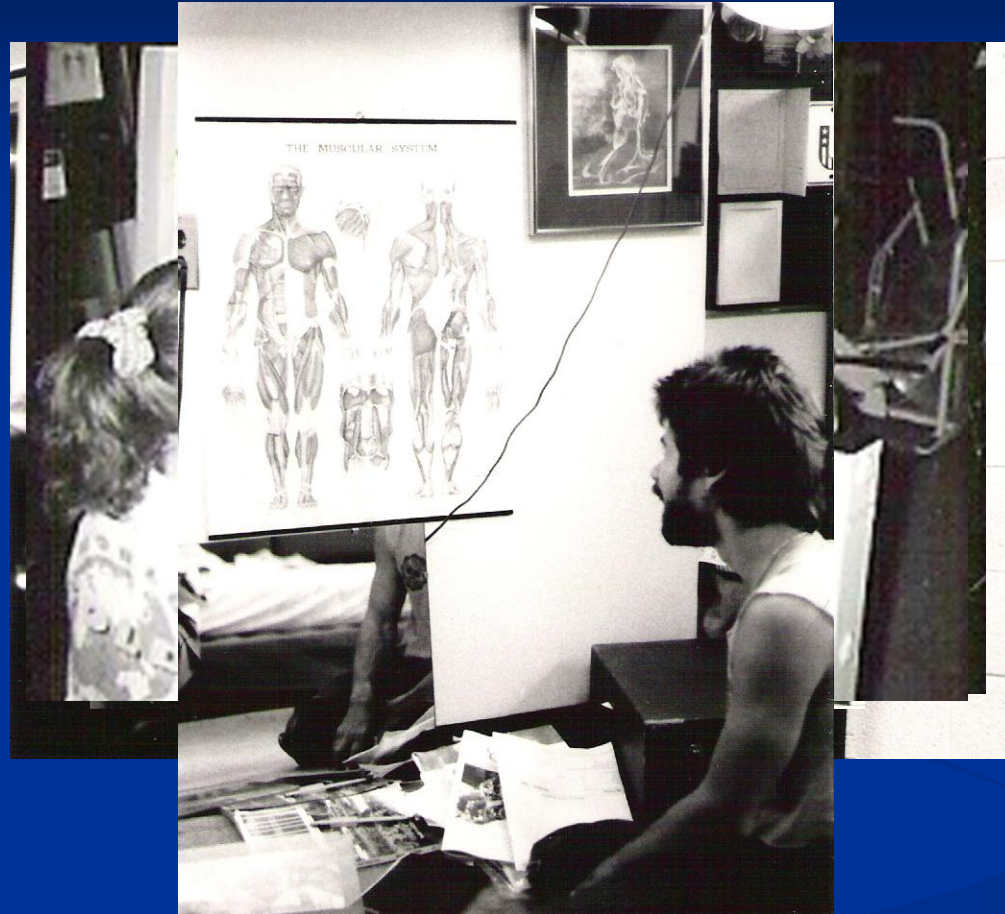
And Sandy.



Keeping Fit



Designing my own Workout



My Workout Program



I am angry!



Let's collaborate!



Institutionalized!

