

Location



"Strengthening the Mind & Body"

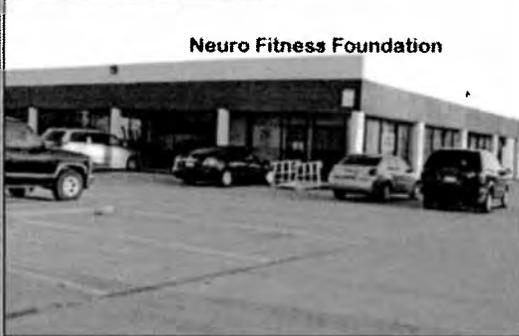
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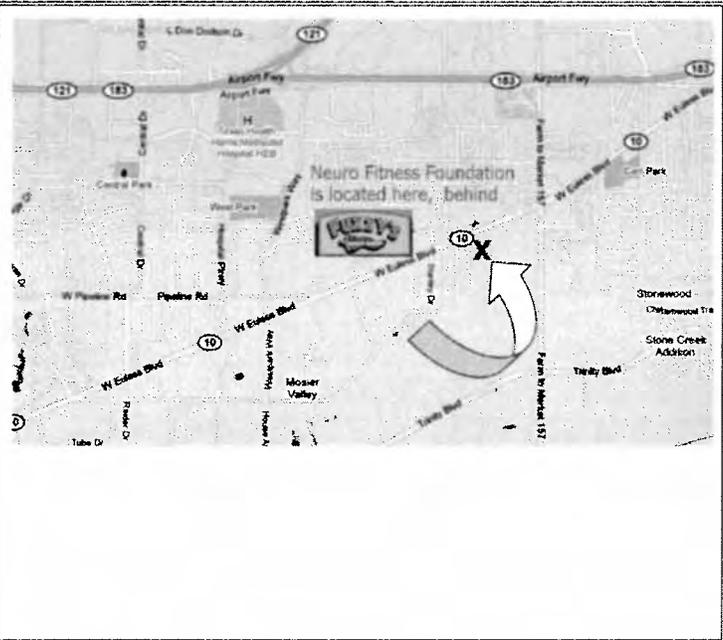


1361 W. Euless Blvd.
(AKA Texas 10)
Euless, TX 76040
Look for Fuzzy's sign and turn in.





Neuro Fitness Foundation



The NFF is a non-profit 501(c)(3) public charity that provides many different types of specialized exercise equipment for strength and cardiovascular training.
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Contacts



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Fitness Director

NFF is fortunate to have a trained and energetic fitness director who leads a dedicated volunteer force that helps clients reach their personal fitness goals. All gym and volunteer activities are under the leadership of our fitness director.

Shelby Lauderdale
 817-571-1323
 FAX 817-283-0099
shelby.lauderdale@neurofitnessfoundation.com

Location and Mailing Address

Neuro Fitness Foundation
 1361 W. Euless Blvd.
 Euless, TX 76040
817-571-1323
FAX 817-283-0099

webmaster@neurofitnessfoundation.com

Board of Directors, 2012

The Neuro Fitness Foundation board of directors has scheduled meetings the 3rd Monday of each month. These meetings are open to the clients, supporters, and the general public. Our board is a "working board" and each board member actively participates in the activities and events of the foundation.

TJ Griffin, president
tj@neurofitnessfoundation.com
 Mike Shipka, vice-president
 Alli Adams, secretary
 Connie Stauffer, treasurer
 John Deeds
 Barclay Burrow, chief of staff to Mr. Griffin
barclay.burrow@neurofitnessfoundation.com
 Craig Crosby



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FAQ



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What does it cost?

There is absolutely NO COST to use our facilities. We are here to encourage the restoration of health to those in need. However, because the organization is run 100% on charitable donations and fund-raisers, we do encourage those who can to donate \$25 per month - but NO ONE is turned away. We accept cash, check or PayPal through this website.

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Where are you located?

We are in the Mid-Cities in Euless. Our address is: 1361 W. Euless Blvd. #101, Euless, TX 76040. Please call 817.571.1323 for more information.

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How do I utilize the facility?

It's very simple, all you have to do is contact NFF to set up your first appointment, get a physician's release form and we will set you up with an exercise program to get you started.

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Who can use the facility?

Anyone with a neurological impairment such as Multiple Sclerosis, spinal cord injury, stroke, closed head injury, Guillain-Barre, Muscular Dystrophy, Parkinson's, Lou Gehrig's, Cerebral Palsy and many others.

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Who founded the Neuro Fitness Foundation?

John Nichols (C5-6 Quadriplegic /1988) started the Neuro Fitness Foundation. For a complete history, [click here](#).



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History



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John David Nichols
 Founder
 Neuro Fitness Foundation
 February 23, 1965 - August 3,
 2011



Since its inception, NFF has gone through many changes, but our mission has remained the same.

In 1998 founder John Nichols, who was paralyzed in a 1988 water skiing accident, saw his dream become a reality. During the 10 years prior to the formation of NFF, John consistently studied and researched exercise equipment that could be used to benefit and maximize the potential of the physically challenged. It was through these experiences that the first ideas of NFF began to form. With this knowledge and a passion to help others with similar challenges, Nichols and his family created a makeshift workout facility in the garage of their Colleyville home. Then, with the support and collaboration of other neurologically impaired individuals and their families, NFF received its 501(c)(3) status and NFF was born.

From its "mom and pop" beginnings, NFF relocated briefly to a strip mall in south Bedford in April 1999. In July, Mike Janszen, physical therapist and then-owner of the HEB Harris Methodist Physical Rehabilitation building in Euless, generously donated space to NFF where it enjoyed ten years of growth, serving over 300 clients, free of charge, until 2009.

Like many other nonprofit organizations, NFF began to feel the effects of a bad economy, and in July of 2009, we had to close down temporarily. After a reorganization of our Board of Directors, a successful fundraiser, and a renewed commitment to reopen our doors, NFF moved to our current facility. After hundreds of volunteer hours to renovate our new home, we proudly opened again in September of the same year.

While it is a continual challenge to raise the funds necessary to offer our one-of-a-kind services to the community, we remain committed to obtaining the finances we need through fundraising, individual and cooperate donations and grants.

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Facility



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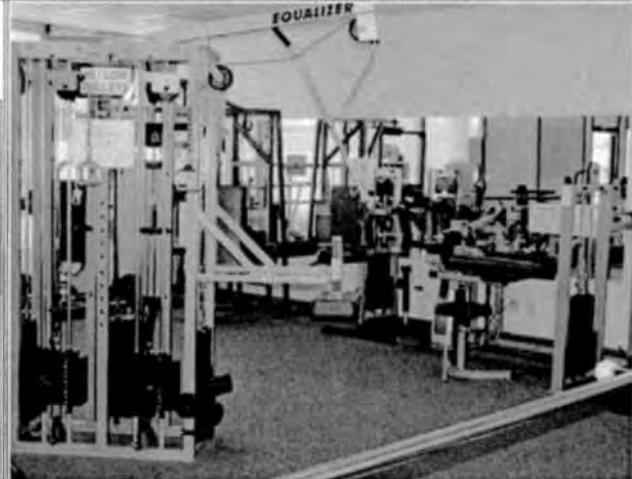
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The NFF Gym is spacious and functional, with easy access for walkers, wheelchairs, powerchairs - and caretakers. Volunteers assist wherever they are needed. The fitness director or his designated volunteer is 'on the floor' at all times.

Services and Equipment Equalizer 1000 Multi and Single Station(s)

- Vertical Bench Press
- Seated Rowing
- Seated Overhead Press
- Two High/Low Pulleys with Preacher Bench
- Vertical Butterfly
- Lateral Deltoid
- Gripless Bicep Curl & Tricep Extension
- Lateral Deltoid
- Cable Crossover



Cardiovascular Training

- Nu-Step
- Stand Aide Easy Glide
- Saratoga Cycle
- Vita Glide
- Moto Med rack
- Ex-n-Flex
- Treadmill
- Seated Recumbent Cycle



Strength and Flexibility Equipment

- Parallel Bars
- Mat Tables
- Standing Frame



Yoga Instructor and classes

Weight Training Free Weights

- Rickshaw
- Leg Press
- Combo Knee/Leg Extension

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