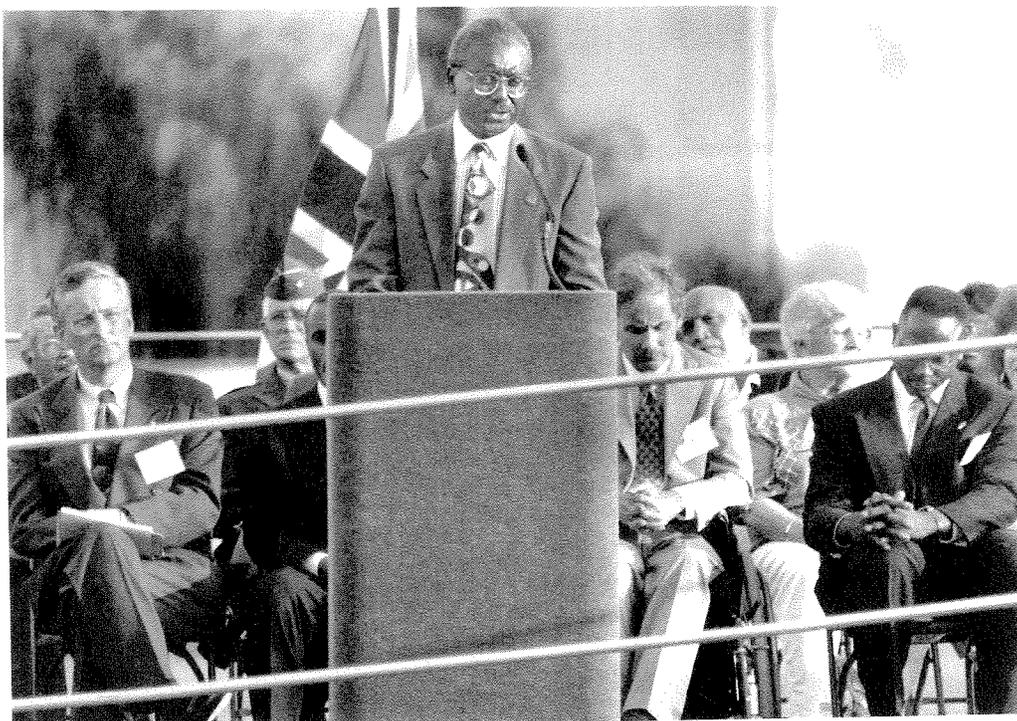


**Physical Fitness:
A Guide for Individuals with Spinal Cord Injury**

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Veterans Health Administration
Rehabilitation Research and Development Service
Scientific and Technical Publications Section**



Jesse Brown, Secretary of the Department of Veterans Affairs, opening the 15th National Veterans Wheelchair Games, June 13-17, 1995, Atlanta, GA.

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LESLEY M. HUDSON, MA, Coordinator. Lesley M. Hudson, MA, has been the Coordinator between the Editor, Scientific and Technical Publications Section, VA Rehabilitation Research and Development Service, Baltimore, MD and Shepherd Center, Atlanta, GA in the development of this publication. A graduate of Albertus Magnus College and the University of Rhode Island, she began her career in spinal cord injury care in 1976 when she joined the staff of the newly founded Shepherd Center in Atlanta, Georgia. During her 20 years on staff, Ms. Hudson has served in many capacities, among them Associate Administrator, Director of Admissions, and Director of Public Relations. With a background in education and journalism, and post-graduate work in healthcare management at Georgia State University, Ms. Hudson was integral to the opening of the current free-standing facility in 1982 when Shepherd Center went from 28 beds in a leased facility to its current 100-bed capacity. Ms. Hudson founded the research department at Shepherd in 1985 and served as director from its inception until early 1996.

In 1982, Ms. Hudson authored Shepherd Center's first successful application for designation by the National Institute on Disability and Rehabilitation Research within the Model Spinal Cord Injury Program of the U.S. Department of Education. She has been the Co-Project Director of the Georgia Regional Spinal Cord Care System under this program since 1982.

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Shepherd Center in Atlanta, GA is a private, not-for-profit hospital specializing in the care of people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular disorders, and urological problems. The Center houses the largest model spinal cord injury program in the country and an official Multiple Sclerosis Center, designated by the National Multiple Sclerosis society-Georgia Society. Serving the Southeast since 1975, the 100-bed specialty hospital offers a continuum of health care services from intensive care, through rehabilitation, transitional care, day program, and outpatient services.

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