Exercise– Revolutionized

Founder, Eric Johnson has developed this unique high-energy exercise facility in Deerfield, IL focused on symptom specific exercise to combat neurological disorders including: Parkinson’s disease, stroke, MS, Spinal Cord Injury, Alzheimer’s, Dementia and Traumatic Brain Injury.

Movement Revolution’s Neuro Intensive Training Center (NITC) is a specialized facility unites a community to provide comprehensive exercise programs for all ability levels, focused on improving the quality of life for people living with chronic diseases and disabilities.

This is a facility that restores ability, creates advocacy, and inspires the lives of those who walk in the door. Our expert team of Exercise Specialists put research into action and break down barriers to exercise while bridging the gap between clinical rehabilitation and community-based exercise.

Specialized Fitness Services:
The NITC will provide, Personal Training, Small Group, and Group exercise programs for people with chronic diseases and disabilities, as well as, older adults for injury prevention. We also feature a “Transition into Exercise” (TIE) program build to transition clients out of their outpatient physical therapy for continued exercise programming.

“On a day-to-day basis, people with PD who exercised moved more normally than those who did not. Based on these findings, they believe that exercise may be helping the brain to maintain old connections, form new ones and restore lost ones. They suggest that, in certain situations, the neuroplasticity created from exercise in patients with PD may actually outweigh the effects of neurodegeneration.”

- Beth Fisher et al. University of Southern California

Registration is now open!
Facility Features:

- Highly educated and specialized staff.
  - Degrees in Exercise Physiology, Certified Personal Trainers, Certified Special Population Professionals.
- Outfitted with state-of-the-art equipment designed to ensure client safety and maximize ability.
  - Biodex Free Step (overhead harness system)
  - Biodex Gait Trainer
  - Biodex Biosway
  - Keiser pneumatic strength machines
- Research in action!
  - Specialized exercise programs mirroring current research findings
- Community Support Programs
  - Caregiver exercise classes and support groups
  - Educational Seminars

Address: 158 S. Waukegan Rd. Space 70, Deerfield, IL 60015

Directions: Conveniently located just off the Edens Spur Tollroad (1-94), the NITC is inside the Joy of the Game Sports Complex, behind the Deerbrook Mall.

Our location is easily accessible from Chicago’s Northshore and Northwest suburbs. The best entrance is located on Waukegan Rd., just south of Lake Cook Rd. Turn into the driveway near the very large “Joy of the Game” sign and follow the driveway behind the Deerbrook Mall. Look for the American flags and our sign above the front door and you’re there!

Enrollment is now open! Sign up by calling: (312) 465-3921