

Cerebral Palsy - Can't Stop This Bodybuilder



Instructions: Watch a short video about a bodybuilder. Finish the activities.

A. Before You Watch: Complete the sentences. Share with classmates.

1. I think cerebral palsy is _____.
2. A challenge I overcame was _____.
3. A disability is _____.

B. While You Watch: Finish the sentences.

1. Wade was _____ with cerebral palsy at 11 months.
2. Wade approached Tina and she became his _____ trainer.
3. At first, Wade didn't have control. His hands and feet needed to be _____.
4. _____ comes from feeling strong and feeling able.

C. After You Watch:



Answer & Discuss:



1. What do you admire about Wade most of all?
2. Do you know anyone with a disability? What challenges did they face?
3. Do you think disabled athletes should be able to compete against abled bodied athletes at the Olympics? Why? Why not?

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B. While You Watch: Finish the sentences.

1. Wade was diagnosed with cerebral palsy at 11 months.
2. Wade approached Tina and she became his personal trainer.
3. At first, Wade didn't have control. His hands and feet needed to be stabilized.
4. Happiness comes from feeling strong and feeling able.

C. After You Watch:



Answer & Discuss:



1. What do you admire about Wade most of all?
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Video Transcript

Cerebral Palsy Bodybuilder

There you go. - Okay, three more. Okay, good.

Wade: Bodybuilding and doing exercises at the gym is really keeping me alive. If I were to stop working out at the gym, I would probably be dead by now. My name is Wade McRae Washington and I'm a professional bodybuilder.

Let's see that Pro card.

Wade: There it is. I don't know if you can see because my hand is moving. I was diagnosed with cerebral palsy at the age of 11 months. Then I was diagnosed with scoliosis at the age of 12. When I first went to the doctor, they had told me that I was not going to live to see 10 years old.

[Tina] Wade and I have been friends here at the gym, I'm his personal trainer and he approached me with a very serious tone, and he told me that he wants to do a bodybuilding show.

Wade: One of my goals was to be a bodybuilder. The other was to be a professional wrestler but the wrestling was too dangerous.

[Tina] In the beginning he didn't have the control to get on a machine and just work the body parts that we were intending to work. His hands and his feet need to be stabilized.

You in? - Yeah. - All right.

So I got very creative and I built up apparatuses that would fit him in order for him to secure himself and actually pull with the muscles that I was wanting him to do.

Up, up, up, up,
Instead of it telling you what to do,
you're telling it what to do. So let's tell it what to do again.
- Okay.
- Okay.

The way I approach everything every time I train, I have to focus a lot harder and a lot more on what body parts that I'm working on, to make it work right for me.

[Tina] - Up, wow. - [Wade] It has improved a lot. [Tina] It has improved a lot.

[Tina] The basic happiness that comes from feeling strong and feeling able, instead of disabled, is a big deal.

Wade: My body has got a lot straighter. I have people telling me that I'm taller. I'm actually standing still. My body is calm.

Seeing Wade accomplish his pro status as a bodybuilder was the most unbelievable experience. This was something no one ever thought could happen. And it happened, we made this happen.

Wade: It's been amazing and I'm blessed to have a coach like Tina, a friend like Tina. I enjoy being a pro bodybuilder. It's my lifestyle now.