

Sports celebs work together to ease state health woes

BY LANA MINI • STAFF WRITER • APRIL 26, 2009

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(2 of 2)

Sanders agreed.

That's why the men are reaching out to the growing number of metro Detroiters without health insurance benefits.

The services are offered free-of-charge to those in need for up to one year.

"People can start taking advantage of the program now," Sanders said.

Rea wants parents to know that kids can begin the road to good health at any age.

"It's a myth that a child has to be 15 to exercise," Rea said. "As long as a child is doing multi-joint exercise (not just focusing on one joint that can be harmful to a growing body), they can and should work out."

"In fact ... anyone of any age with an open heart and mind who is ready to rock and roll can come and we will take you."

Provided they fit the criteria.

The free services are offered to those children to adults suffering spinal cord injuries or those who have recently lost or can no longer afford health care benefits.

Sanders named the non-profit after his own philosophy toward healthy living meaning "You're up, you're next to meet the challenge."

You're Up is supported by a full staff of professional physical therapists. Key members include medical advisers Lucia Zamorano, M.D., a neurosurgeon on staff at Detroit Medical Center and William Beaumont Hospital in Royal Oak; Fred Leff, a podiatrist affiliated with the Detroit Medical Center and Susan Swider, CEO of Oakland MRI and Imaging Center in Troy.

"No other non-profit in Michigan currently offers free holistic health and wellness services," Sanders said, "You're Up sets itself apart by personalizing the right course of treatment — at no cost for up to a year."

You're Up also needs volunteers and Sanders said President Barack Obama, who is active and physically fit, is a good example of someone encouraging communities to get healthy and help each other.

Sanders said he wants people to know that it doesn't have to be expensive to eat healthy. Portion size and choosing the right items makes all the difference, he said.

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What: You're Up is hosting a fund-raising gala from 6-10 p.m. Saturday, May 2 at 24 Grille at the Book-Cadillac Hotel in Detroit. The event is expected to draw 300 patrons for a strolling dinner, live auction and entertainment.

Tickets are \$150. Or for \$75, there's an after-party at 10 p.m. Tickets are tax-deductible.

Get help: Those interested in free treatment services must be pre-screened through the organization's website, at www.youreupbodymorph.org.

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