

SENIORS FITNESS CLASS INFORMATION

- Please make sure that you have filled out the following forms: Background Checklist, Par-Q and Informed Consent Agreement.
- Your doctor's consent is recommended for starting an exercise program especially if you have answered yes to any of the questions in the Par-Q. If you have answered yes to any of the questions and choose not to consult your doctor, please sign the form regarding this.
- Wear comfortable, loose fitting clothing for exercise and running/walking shoes that provide adequate support, protection and cushioning.
- Bring a water bottle and take water breaks throughout the class as needed.
- Attendance is very important to progress your exercises safely and to see the positive results of exercise at the end of the 12 sessions.
- Regular, moderate physical activity is the key to preserving adequate functional mobility with sufficient reserve. In other words, regular exercise will keep you independent in your daily activities with reserves to bounce back from an illness or injury.

- Each session will include a stretching, strengthening, balance and low-impact cardiovascular component. We will start with a warm-up and finish with a cool-down.
- You will monitor your heart-rate to ensure that the activity is sufficiently challenging without being unduly stressful. You can take your pulse or use the Rating of Perceived Exertion chart to monitor your heart-rate. I will teach these techniques to you but do not hesitate to ask any time for a review. You will use a chart to decide what your target heart rate zone should be during the cardiovascular exercise.
- Please inform me of any changes in your health over the six weeks. Please stop exercising and tell me immediately if you are having abnormal chest or arm pain. If an exercise is causing joint pain, please let me know and I will modify the exercise for you.
- If at any time you cannot keep up or get mixed up during the cardiovascular exercises, please keep moving! Also, a chair will be used for the balance exercises but stand as much as possible and hold on to the chair only if necessary to get the most out of these exercises. Let's make sure the exercises are challenging enough so you get the benefit from them.
- Let's have fun and I welcome any feedback. This will help me make the program better for you. Thanks, Donna