

## PHYSICIAN'S PERMISSION TO PARTICIPATE FORM 2010

Dear Dr. \_\_\_\_\_, the Wellness Centre at Kidron Bethel Village offers a variety of exercise and fitness classes. **Your Patient:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ would like to participate in some or all of the following programs. Please indicate whether the use of the hot tub is recommended for this patient and which classes he or she may participate in. Wellness Centre instructors are certified in CPR.

**HOT TUB USE:** Water temperature is 102 degrees.

\_\_\_\_ Yes, my patient may use the hot tub. \_\_\_\_ No, hot tub use is not advisable for this person.

### DOCTOR'S REPORT:

\_\_\_\_ I recommend this person NOT participate in any Wellness Centre activities.

\_\_\_\_ This person may participate in ALL Wellness Centre activities.

\_\_\_\_ This person may ONLY participate in the classes that are checked below:

\_\_\_\_ **STRENGTH TRAINING CLASS:** Meets several times weekly for 30 minutes. All exercises are performed in a chair. Exercises for all the major muscle groups of the upper and lower body are done with exercise bands and light, hand weights starting at 1 pound. Progression is made on an individual basis.

\_\_\_\_ **WATER AEROBICS:** 60-minute classes include warm-up, total body exercises, moderate-intensity aerobics, cool-down and stretching. Heart-rate checks are performed each session. Members are encouraged to exercise at their own fitness level.

\_\_\_\_ **ARTHRITIS FOUNDATION AQUATIC & LAND EXERCISE PROGRAMS:** Meets three times weekly for 30 minutes. Includes warm-up, stretching and low-intensity range-of-motion exercises for all the joints from the shoulders to the toes. A certified Arthritis Foundation Program instructor leads the classes.

\_\_\_\_ **BALANCE PROGRAM:** Meets twice weekly for 12 weeks. 30-minute class comprised of one-on-one and group activities to improve gait, mobility, balance, coordination and sensory skills.

\_\_\_\_ **ARTHRITIS FOUNDATION TAI-CHI PROGRAM:** Meets twice weekly for 30 to 45 minutes. Includes steps and exercises that may improve mobility, balance, breathing and relaxation. Movements can be done standing or seated.

\_\_\_\_ **WATER VOLLEYBALL:** Meets twice weekly for 30 minutes.

\_\_\_\_ **EXERCISE EQUIPMENT:** \_\_\_\_ stationary bike \_\_\_\_ treadmill \_\_\_\_ recumbent stepper \_\_\_\_ weight machines

**Physician's signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Thank you for taking time to complete this form.

Please contact Wellness Centre Director Tony Helfrich, 316/284-2900 ext.243, with any questions.

**Kidron Bethel Retirement Services – 3001 Ivy Drive, North Newton, KS 67117**  
**316/284-2900 – Fax 316/284-0173**