

Medical Clearance



In my opinion,
would benefit from participating in the following
Active Over 50™ classes:

- Aqua-fitness Ballroom Dancing
- Gentle Exercise Strength Training
- Tai Chi

Dr's Name:
(PLEASE PRINT)

Dr's Signature:

Date: / /201.....

A clearance is needed under the following conditions:

1. Before commencing Active Over 50™ 'strength training' or 'level 3 Active Over 50™' classes.
2. If pre-exercise screening identifies the need for a medical clearance
3. After a period of serious illness, major surgery or an injury.
4. Annually, after the initial medical clearance.



Health
Central Coast
Local Health District

Program Information



Program Description:

The Active Over 50™ program offers exercise classes specifically for people aged over 50. It aims to improve health and fitness and reduce the risk of fall related injuries. It is also designed to be fun and sociable.

Approximately 30 Central Coast venues offer classes which are instructed by qualified fitness professionals, and range in difficulty from 'easy' to energetic'.

Activity Options:

- Aqua-fitness
- Ballroom Dancing
- Gentle Exercise
- Strength Training
- Tai Chi

Classes are suitable for

Most people, including those with conditions such as sedentary living, hypertension, diabetes, arthritis, osteoporosis, joint replacement, depression, cardiovascular disease.

Not suitable for people who

- Need help to be mobile
- Are disabled
- Have unstable medical conditions
- Require one on one rehabilitation

Absolute Contra-Indications

- Recent ECG changes
- Unstable angina
- Third degree heart block
- Recent myocardial infarction
- Uncontrolled arrhythmia
- Acute CCF

For a free timetable of classes or additional program information, please phone the Health Promotion Service on 4320 9700.

www.healthpromotion.com.au