



Club50 Fitness

"Fitness & Wellness Can't Wait!"

Date: _____

Dear Dr. _____

Address: _____ Phone #: _____

City: _____ State: _____ Zip: _____

Your patient, _____ has enrolled in the Strong Seniors exercise program at the Wasilla Senior Campus, Club50 Fitness Center. Strong Seniors is an evidence-based senior exercise program which originated out of Tufts University and is coordinated by the University of Fairbanks Co-operative Extension in Palmer. For more information on this program visit their website at www.jhrc.nutrition.tufts.edu/programs/strongwoman.

These classes are appropriate and effective for seniors within a wide range of physical strength and ability. The classes are one hour each twice weekly for eight (8) weeks. Program goals and benefits are:

- 1) Reduces risk for diabetes, heart disease, arthritis, depression and obesity.
- 2) Increases bone density and reduces fracture risks.
- 3) Increases muscle mass and strength.
- 4) Improves self-confidence, sleep and strength.

Unstable or severe medical problems exclude participation. These problems include: unstable angina, uncompensated heart failure, uncontrolled cardiac arrhythmia, severe aortic stenosis, hypertrophic cardiomyopathy, cardiomyopathy from recent myocarditis, severe pulmonary hypertension, abdominal aortic aneurysm recent systemic or pulmonary embolus, thrombophlebitia, and sever balance problems.

Please inform your patient **within two (2) weeks** if you **do not** want them to participate in this program. It is also necessary to leave this message with **Dennie Jaques at (907) 376-3104 opt 2**. If you wish to refer other patients to this excellent program, you may do so at the same number above.

Best of Health,
Sondra L. Kaplan
Executive Director