

inactivity. Lack of flexibility in the arms and shoulders is common. Inflexibility can become severe enough that you find it hard to turn your head and look behind you. This is critical if you are trying to back your car out of a parking space.

Balance: Balance is your body's ability to maintain its upright posture, especially when abnormal stress might cause you to lose your balance—such as when you trip over an object or try to grasp at something that is just out of reach. People with poor balance tend to fall more easily during daily activities. Falling is the leading cause of accidental injury and death in people over age 65.

The Cardio FIT Prescription

Frequency: “F” stands for “frequency” or how many times you exercise each week. The American College of Sports Medicine recommends each person exercise every day or nearly every day.

Intensity: “I” stands for “intensity” or how hard you exercise. Check our heart rate chart located near the cardiovascular machines for your target heart rate.

Time: “T” stands for “time” or how long each exercise session lasts. The recommendation is a minimum of 30 minutes per day.

Growing Stronger to Live Independently—Longer



Life Fitness Circuit Series Exercise Equipment

The mission of the Fergus Falls Senior Citizens Program is to enrich the lives and promote the independent lifestyles of the senior citizens in the Fergus Falls area.

FERGUS FALLS SENIOR CITIZENS PROGRAM, INC.

Exercise Program



FERGUS FALLS SENIOR CITIZENS PROGRAM, INC.

115 Lincoln Avenue West
Fergus Falls MN 56537

Phone: 218-736-6842
Fax: 218-739-9063
E-mail: webmaster@ffsenior.org

Telephone: 218-736-6842

Fitness Room Policies

1. Participants using the fitness room must be members of the Senior Citizens Program.
2. Participants must have an equipment orientation by the fitness trainer prior to using the exercise equipment
3. A Fitness Activities Physician Release must be signed by the participant's physician to use the exercise equipment.
4. A Fitness Activities Enrollment Form must be signed by participants to use the exercise equipment.
5. Clean shoes must be worn at all times while using the equipment.

Fitness Room Procedures

- Y A Senior Center staff member or volunteer must be aware when a participant is in the fitness room alone.
- Y Each participant honors a 30-minute time limit when using cardiovascular equipment, except during the Circuit Series Classes when the time limit is 10-minutes.
- Y If a participant is waiting for a piece of equipment, he/she must sign in and let the current user know he/she is waiting. Once the

equipment is available, the participant marks his/her name off the sign in sheet and proceeds to use the equipment.

- Y Cellular telephone use is prohibited in the fitness room. If your cell phone rings, please step outside to have your telephone conversation.
- Y Please wipe the equipment with the towels and disinfectant provided by the Senior Center upon completing your workout with the equipment you were using. Spray the towel with the disinfectant and wipe the equipment thoroughly. Do not spray equipment directly. Please do not use your personal sweaty towel for this.
- Y Refrain from wearing perfumes and colognes while exercising as they can aggravate certain health conditions.
- Y If a problem arises, the participant is to report it to the fitness trainer or Senior Center staff immediately.
- Y If the equipment is not functioning appropriately, inform the fitness trainer or Senior Center staff immediately. Do not try to repair it yourself.
- Y After you complete your workout, please reset each weight station to the lowest setting. This encourages the next participant to set the appropriate weight and prevents injury.

Guidelines

A Balanced Exercise Program: A balanced exercise program includes cardiovascular, muscle strength and flexibility exercises.

Cardiovascular Fitness: Cardiovascular fitness depends on how efficiently the body circulates oxygen with blood to muscles and vital organs such as the heart and lungs. Benefits from cardiovascular exercise can be gained regardless of one's current level of daily activity. People who are cardiovascular fit have lower rates of chronic diseases (heart disease, hypertension, stroke, diabetes, and some cancers) and are more likely to remain independent.

Muscle Strength: Muscle strength is required to perform the routine tasks of daily living. Every movement you make requires a minimum amount of strength to overcome the inertia of a moving body part (such as raising your arm) or the resistance of any load that must be lifted or moved (such as carrying a bag of groceries). Sedentary living results in a loss of muscle tissue, known as muscle atrophy. Strength training helps everyone improve muscle strength and bone density.

Joint Flexibility: Flexibility is the measure of the range of motion of muscles and joints. Lack of joint flexibility can become limiting after decades of