

Senior Citizens Program, Inc.



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Fitness Activities Physician Release

The individual listed below wishes to enroll in fitness activities at the Fergus Falls Senior Citizens Program, Inc. Each person is encouraged to obtain a physician's release before participating in the exercise programs. To assist you with your release decision, the fitness equipment available at the Senior Center is listed below. Thank you for your cooperation in support of our wellness program.

Fitness Equipment Available at the Fergus Falls Senior Citizens Program:

Cardiovascular Equipment

Two NuStep TRS 4000s
TechnoGym Excite Jog Treadmill
TechnoGym Excite 700 Crossover
Schwinn Airdynes

Other

Wii
Dakim Brain Fitness

Strength Machines

Life Fitness Circuit Series:

Chest press	Leg extension
Shoulder press	Seated leg curl
Lat pulldown	Squat
Seated row	Ab crunch
Triceps press	Ab curl bench
Bi-ceps curl	

Participant's Name _____

Physician's Name _____

Address _____ Phone _____

- I am releasing the above participant for independent exercise at the Fergus Falls Senior Center.
- I am **not** releasing the above participant to exercise at the Fergus Falls Senior Center.
- I am releasing the above participant for independent exercise at the Fergus Falls Senior Center with the following restrictions: _____

PARTICIPANTS: PLEASE KEEP THIS FORM FOR YOUR INFORMATION.

Physician Signature _____ Date _____