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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 must 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

NuStep TRS 4000
TechnoGym Excite Jog Treadmill
Schwinn Airdynes

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: _____

Physician Signature _____ Date _____