

Date: _____

Dear _____

Your patient _____ has expressed an interest in participating in the program(s) checked below:

Aerobics and Aquatic Aerobics Classes:

The aerobics and aquatic aerobics classes all last one hour and include warm-up, aerobic, cool-down, muscular conditioning and stretching sections. Trained instructors certified in CPR lead the classes.

- Aerobics Classes** are led by an instructor and set to music. Dumbbells, barbells and Xertubes may be used to increase resistance during the muscular conditioning section.
- Step Aerobics Classes** are led by an instructor and set to music. They include movements performed on an adjustable bench (4" – 8"). Dumbbells, barbells and Xertubes may be used to increase resistance during the muscular conditioning section.
- Group Cycling Classes** are led by an instructor and set to music. They simulate outdoor cycling on a specially designed stationary bike. Participants are instructed to increase or decrease the resistance on his/her bike to experience anything from a flat road to a steep uphill climb. Group cycling is non-competitive and participants are encouraged to work at his/her own pace.
- Shallow Water Aquatic Aerobics Class:** Participants may use webbed gloves, foam dumbbells or paddles to increase resistance during the aerobic and muscular conditioning sections of class. Classes are held in a pool at a depth of four feet and temperature of 84 degrees.
- Deep Water Aquatic Aerobics Class:** Participants wear buoyancy devices around their waist, upper arms or ankles to keep afloat, and may wear webbed gloves or use foam dumbbells during the aerobic and muscular conditioning section to increase resistance. These classes take place in a pool at a depth of seven feet and a temperature of 80 degrees.
- Personal Fitness Appointments*** Options include aerobic or weight training program development where the participant performs the program on his/her own or under the supervision of a certified personal trainer.
- Aerobic Exercise Program*** The types of aerobic exercises available include stationary bicycling (upright and recumbent), walking, jogging, rowing, stair stepping, elliptical trainer and swimming. The University of Toledo students who have experience and education in the area of exercise science/ exercise physiology design programs.
- Weight Training Classes/Programs*** The Student Recreation Center is equipped with weight machines and free weights. Assistance in designing a program is provided by The University of Toledo students with experience and education in the field of exercise science/ exercise physiology. Weight training classes are supervised.

*All staff members are certified in CPR. The weight training and aerobic exercise programs are generally performed without direct supervision, however there are student employees who supervise the facility.

In completing our Medical/Health History Questionnaire, your patient has indicated a medical condition that may require special consideration.

Condition: _____

Please assist us in providing an exercise program that will be both safe and effective. Complete the bottom half of this form and return it in the enclosed self-addressed stamped envelope. If you need any additional information, please contact me at 419.530.3909. Thank you for your time and assistance.

Sincerely,

Angela M. Green, M.Ed.
Associate Director, Programming

Based upon a current review of health status, _____
is considered suitable for:

- _____ Unsupervised exercise
- _____ Supervised programs only
- _____ With addition of special exercises _____

_____ With avoidance of _____

_____ participation is not advisable at this time

Special concerns or additional comments (i.e. exercise heart rate recommendations, avoidance of certain types of exercises, etc.)

Physician's Signature

Date