



Patient Name: _____
Address: _____
City, State, Zip: _____
Phone: _____

PLEASE NO FAXING OF THIS LETTER

Dear Physician:

The above named patient has requested to utilize the Fitness Room and/or group exercise classes at the Moore County Senior Enrichment Center. In order to complete the membership process documentation of a medical screening is required. Our staff is certified in CPR, AED & First Aid and always on site however, at times your patient may exercise unsupervised in our designated exercise areas.

When there is at least 1 risk factor for Coronary Heart Disease (including age) this necessitates screening for Coronary Heart Disease, Pulmonary or Metabolic Disease before beginning/increasing their physical activity/exercise. Please indicate below that this patient has been screened and at this moment whether they may or may not participate. Please also note if there are any recommendations for limitation of exercise for this patient.

An orientation to the fitness program and equipment is provided is provided. The American College of Sports Medicine Exercise Guidelines are presented and discussed. Individual target heart rate is included and monitored during a ten minute cardiovascular warm-up. A Listing of cardio-respiratory and strength training equipment is listed on the reverse side of this letter for your review. Group exercises classes are offered from beginner to advanced fitness levels.

Thank you for your time and assistance.

Please feel free to call me if you have any questions at (910) 215-0900 ext. 209.

Sincerely,

Christopher A. Pevia
Fitness Room Coordinator
Certified Personal Trainer

MEDICAL SCREENING COMPLETED

_____ May May Not Begin/Increase their physical activity/exercise at the
Patient Name Moore County Senior Enrichment Center.

Please list limitations or restrictions (if any) _____

Physician's Signature: _____ Date: _____

Name of Practice: _____ OR Stamp Accepted.

Address, City, State Zip _____

How Do I Join the Fitness Program at the Senior Enrichment Center?

What are the Requirements?

To participate in the Fitness Program you must be a Moore County resident aged 50 and over.

How do I begin?

You'll need to have documentation of medical screening completed before exercising with us. Once you have a copy of this letter signed by your physician (reverse side), call us at **215-0900** to **schedule a membership orientation**.

Orientation for New Members:

Orientations are scheduled weekly in a group of six, they are space limited, a reservation is required. During the orientation a health history is completed and a release is signed. **Please allow about 1 hour, bring your reading glasses, wear sneakers & bring a water bottle!**

When can I use the Center?

The Senior Center and the Fitness Room is open
Monday, Wednesday & Friday 7am - 5pm
Tuesdays & Thursdays 7am -10pm
Saturdays 8 am – 1 pm

Chris Pevia our Certified Personal Fitness Trainer is available by appointment Monday thru Friday.

How much does it cost?

The fee for the Fitness Room is only \$2 per day. You can prepay for days in \$20.00 increments with a no refund policy. Financial Assistance from donations is available.

Our Equipment:

- Treadmills by *True®*
- Recumbent Bicycles by *Magnum Fitness*
- Seated Steppers by *Magnum Fitness*
- Striders (Elliptical) by *True®*
- *Concept 2®* Rower
- Upright Bike by *True®*
- Dual Cable Cross by *Free Motion Fitness*
- Standing Squat by *Free Motion Fitness*
- Ab/Lo Back Combo by *Magnum Fitness*
- Hip Abduction/Adduction by *Magnum Fitness*
- Biangular Transformer by *Magnum Fitness* (Chest, Shoulder & Back Strength)
- Dip/Chin/Leg Raise by *Magnum*
- Plus...Mirrored work area with Free Weights, Body Bars, Adjustable Weight Bench, Stability Balls, Resistance Tubes, other miscellaneous apparatus. Stretching area with hand railing.
- Group Exercise Classes focus on balance, flexibility, range of motion, cardio & strength. Hi/Lo Interval, Cardio Combo, Yoga – Gentle Flow, Tai Chi (Winter Only)

Walk With Us on Our Indoor Track While Waiting To Join!

At no charge!

