



Medical Clearance

In my opinion, _____

is able to participate in “Active Over 50” classes.

Dr's Name: _____
(please print)

Dr's Signature: _____

Date: / /200

**A clearance is needed every 12 months.
A further clearance is required after
major surgery, an injury, or a serious illness
within any 12 month period.**

(This certificate is to be sighted by the fitness leader, then
retained by the participant)



PROGRAM INFORMATION

Program description

The Active Over 50 program is a physical activity program specifically for men and women aged 50 and over. It aims to improve health and fitness and reduce the risk of fall related injuries. It is also designed to be fun and sociable.

It is a collaborative initiative of the Central Coast Health Promotion Unit, fitness centres, and other physical activity providers. The program offers over 80 group classes each week that are conducted by qualified personnel. Classes range in intensity from 'easy' to 'energetic'.

Activity options

- Gentle exercise to music
- Strength training
- Aquafitness
- Ballroom dancing.

Suitable for

Most people, including those with conditions such as sedentary living, hypertension, diabetes, arthritis, osteoporosis, joint replacement, depression, or cardiovascular diseases.

Not suitable for people who

- Need help to be mobile
- Are disabled
- Have unstable medical conditions
- Require 'one on one' rehabilitation

Absolute contra-indications to exercise

- Recent ECG changes
- Unstable angina
- Third degree heart block
- Recent myocardial infarction
- Uncontrolled arrhythmia
- Acute CCF

If you would like a free timetable of classes, promotional material or more information about the program, please contact the Health Promotion Unit on 4349 4800.