



Healthy Lifestyle MEDICAL CLEARANCE FORM

To be used when participants answer “Yes” to any of the Pre-Exercise Questionnaires.

PARTICIPANT’S CONSENT

Please complete before seeking Doctor’s consent

I (please print name) _____ wish to enrol in one of the exercise classes offered by Health Lifestyle and am willing to take responsibility for myself during any courses attended.

I will inform the leader should there be any change in my health or medication that could preclude me taking part in the following Healthy Lifestyle program.

(Please insert the full title and level of course/s you are attending)

DOCTOR TO COMPLETE – ALL CLASSES

To the Doctor: The Healthy Lifestyle Unit of Northern Sydney Health considers the safety of participants to be of paramount importance. The above patient has answered 'Yes' to one or more of the below pre-exercise screening questions. We require medical clearance to enable us to assess if the patient is safe to participate in the Healthy Lifestyle community-based exercise program. Information on exercise considerations are included on the back of this form.

Medical Clearance

Having read the information above and the exercise considerations on the reverse, I consider that this patient is fit and able to participate in the Healthy Lifestyle community-based exercise program and the class listed above and is unlikely to have a health-related event as a consequence.

Referring doctor (print name): _____

Signature: _____

Date: _____

Phone: _____

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HEALTHY LIFESTYLE EXERCISE CLASSES

Healthy Lifestyle classes are group-based exercise maintenance classes which are held in community venues. They are most suitable for older adults, aged 50 years and above, who live in the community who are aiming to maintain physical function, independence and prevent falls and falls related injuries. Classes are also suitable for older adults managing stable chronic medical conditions who have adequate vision, hearing and physical and cognitive function to safely manage in a group exercise setting.

All of our Exercise Leaders are either qualified Fitness Professionals or Allied Health professionals with experience working with older adults. Our Exercise Leaders will deliver exercise classes which are suited for participation by a group of older adults with a mixture of ages and fitness levels.

EXERCISE CONSIDERATIONS – AQUA (POOL-BASED) CLASSES

Healthy Lifestyle offers a number of aqua fitness programs which are particularly beneficial for people who are overweight, less active, have joint problems or who are recovering from an injury. Some of these classes (titled warm water classes) are held in specific hydrotherapy pools where the water temperature ranges from 30-34°C. Please refer to the specific Course Descriptions, at www.nshealthpromotion.com.au, for further information on class intensity and suitability guidelines

Aside from the standard considerations for exercise, aqua exercise classes are not suitable for those with:

- In-contenance (urinary and faecal).
- Infections (urinary tract, vaginal or eye/ear)
- Open wounds (such as skin tear, ulcer, sutures)
- Skin conditions (such as tinea)
- Acute cardiac or respiratory conditions
- Poorly controlled blood pressure
- Cannot mobilise independently, or with minimal support (e.g., walking aid). Need to be able to enter and exit the class and manage any transitions (e.g., pool entry), independently.

EXERCISE CONSIDERATIONS – LAND BASED CLASSES

Healthy Lifestyle offers a range of land-based exercise classes which incorporate aerobic, resistance-based, balance and mobility exercise. Please refer to the specific Course Descriptions, at www.nshealthpromotion.com.au, for further information on class intensity and suitability guidelines. Some classes also provide the option for participants to use free weights or resistance band either handheld or attached around the ankles or wrist.

Aside from the standard considerations for exercise, our land-based exercise classes are not suitable for those with:

- Acute or unstable cardiac or respiratory conditions.
- Poorly controlled blood pressure or diabetes.
- Acute or unstable musculo-skeletal conditions such as recent fractures, neurological compromise, disc prolapse.
- Those experiencing recent falls or falls related injuries and/or poor balance/stability.
- Those who cannot mobilise independently, or with minimal support (e.g., walking aid).

Please visit the Medical and Health Professionals Information Section of our Healthy Lifestyle web page for further course information www.nshealthpromotion.com.au.

If you would like further information on Healthy Lifestyle courses including brochures sent to your practice please call us on 9926 5555.