

**BLAINE SENIOR CENTER**

**STRENGTH TRAINING FOR SENIORS  
PHYSICIAN'S CLEARANCE FOR PARTICIPATION**

**Please complete the following section:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please have your Physician complete this section:**

Have you read the Class and Open Gym Description and Consent Form outlining the Strength Training for Seniors Class and Open Gym at the Blaine Senior Center?

\_\_\_\_\_ Yes \_\_\_\_\_ No

Does the patient have any of the following medical conditions that would prohibit them from participating in the Strength Training for Seniors Class and Open Gym?

\_\_\_\_\_ Yes \_\_\_\_\_ No (If yes, please check all that apply.)

- \_\_\_\_\_ Uncontrolled arrhythmia
- \_\_\_\_\_ An unstable angina pectoris
- \_\_\_\_\_ A myocardial infarction in the last three months
- \_\_\_\_\_ Chronic pulmonary disease
- \_\_\_\_\_ Recent heart failure
- \_\_\_\_\_ Dementia

Is the patient medically able to participate in the Strength Training for Seniors Class and Open Gym at the Blaine Senior Center?

\_\_\_\_\_ Yes \_\_\_\_\_ No (If no, explain below.)

\_\_\_\_\_  
\_\_\_\_\_

Are there any special precautions to be taken concerning weightlifting?  
\_\_\_\_\_ Yes    \_\_\_\_\_ No (If no, explain below.)

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**Physician's Signature**

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**Date**

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**Physician Print Name**

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**Clinic or Practice Address**

**Participant complete this section:**

I hereby apply to participate in the Strength Training for Seniors Class and Open Gym. I acknowledge there are risks associated with any Exercise Class and Open Gym. I accept full responsibility and liability for such risks as a condition of participation in this Class and Open Gym.

I also confirm that I do not have any of the prohibited medical conditions described on the front page of this Physicians Clearance for Participation Form.

I understand that in case of emergency, the Emergency Response System ("911") will be called for assistance.

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**Participant's Signature**

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**Date**

Any Questions? Call (360) 332-8040

Please return your completed form to the  
Blaine Senior Center  
763 G Street  
Blaine, WA 98230

Email: [admin@blaineseniorcenter.org](mailto:admin@blaineseniorcenter.org)    FAX: (360) 332-1709

**BLAINE SENIOR CENTER  
STRENGTH TRAINING FOR SENIORS**

**CLASS AND OPEN GYM DESCRIPTION AND CONSENT FORM**

**Class and Open Gym Description**

Thank you for your willingness to participate in the Strength Training for Seniors Class and follow-up Open Gym. It is designed to develop strength, improve performance in daily activities and improve your overall functional mobility. The purpose of this class is to provide you with a high resistance workout that you may continue after completion of the class, an understanding of the proper use of strength training machines, and the ability to log your progress and continue increasing strength and mobility.

The class was modeled after the Mature Adult Program developed at Western Washington University Department of Physical Education, Health & Recreation by Dr. Kathleen Knutzen and Dr. Lorraine Brilla. Most of the procedures for this class have been taken from the WWU Program. The WWU research team presented the following information to highlight the benefits of weightlifting for senior citizens.

**Biomarkers of Age**

- Loss of muscle mass
- Loss of strength
- Lower aerobic capacity
- Increased blood pressure

**What Accounts for Loss of Independence?**

- Sedentary lifestyle accounts for over 50% of age-related decline in aerobic capacity, strength, flexibility and reaction time.
- Aging affects ability to perform activities of daily living (ADL) such as bathing, walking, stair climbing, bending, kneeling, errands, and housework.
- 12% of the senior citizen population has difficulty with at least one ADL.

## **Effects of Strength Training**

- High resistance training is effective for developing strength in seniors.
- Resistance training must be above 60% 1RM to elicit significant gains and increase muscle mass.
- Increased strength = lower risk of falls, increase in balance and increase in stair climbing power.
- A relatively small increase in strength (10%) can have a significant effect on function.
- A variety of vigorous activities of short duration are better than prolonged, repetitive activity.
- There is no age at which an exercise program cannot show improvement.

"The Mature Adult Exercise Program introduces high resistance weight training to older adults with the hope that they will incorporate strength training into their lives on a regular basis. Major muscle groups are exercised to increase muscle mass and strength, and positively influence long-term factors such as decreasing risk of chronic diseases, improving quality of life and function, and maintaining an independent lifestyle."

Dr. Kathleen Knutzen, WWU

## **Class and Open Gym Requirements**

Before you begin this class, you are required to provide a signed consent, indicating that you have read and understand the procedures outlined in this Class Description and Consent Form. A brief description of the actual training program is provided. If there are any aspects of the training that you do not understand or would like more details about the class, please contact the Blaine Senior Center and we will be happy to answer any questions before you provide your consent to participate.

## **Medical Clearance**

You are also required to share this Class Description and Consent Form with your physician. Your physician must complete a Physician's Clearance for Participation Form that authorizes your participation in the Class and Open Gym and identifies any special precautions to be taken related to your participation in the Class and Open Gym.

For safety reasons people with the following medical conditions are prohibited from participating in the Strength Training for Seniors Class and Open Gym.

- Uncontrolled arrhythmia
- An unstable angina pectoris
- A myocardial infarction in the last three months
- Chronic pulmonary disease
- Recent congestive heart failure
- Dementia

### **Training Procedures**

The Strength Training for Seniors Class is under the supervision of the Blaine Senior Center. You will be required to attend three one-hour class sessions per week, for four weeks, and then two one-hour class sessions per week, for two weeks.

The first six classes (the first two weeks) are the most important, as they consist of the correct use and technique of the strength training equipment. These first six classes must be attended in order to continue with the rest of the course.

If you miss more than four total class sessions in the last four weeks you will not be able to successfully complete the class, nor receive authorization to use the weight-lifting equipment during our Open Gym sessions.

Each class session will begin with a series of stretches that will concentrate on increasing range of motion in the shoulders, hips, knees and ankles. Following the stretching routine and during the first two weeks you will be instructed on the proper technique of each exercise and will perform 6 to 8 repetitions of each, using a small amount of resistance.

At the end of the second week of training the instructor will assist each student to determine their starting weight for each exercise.

At the beginning of the third week you will start exercising using your starting weight. As the classes progress and the student becomes stronger, the instructor will explain how to increase the weight for each exercise.

All lifts will be done on weightlifting machines including:

- Cybex VR Rotary Hip
- Cybex VR Seated Leg Press
- Cybex VR-2 Rotary Calf
- Cybex VR-2 Arm/Triceps Extension
- Cybex VR-2 Row/Rear Deltoid
- Cybex VR-2 Dual Axis Chest Press
- Hammer Tibia Dorsi Flexion
- Cybex Reclining Leg Press
- Cybex Multi-Station MG500 which includes:
  - Standard Arm Curl
  - Leg Extension
  - Hamstring Curl
  - Lat Pulldown
  - Chest Fly
  - Ab Crunch

People with high blood pressure are advised to monitor this condition on a regular basis. Class participants can also monitor their blood pressure at screenings offered at the Blaine Senior Center.

One important aspect of the instruction that you will want to remember as you perform each lift is to breathe out when you push the weight, because we do not want you to hold your breath when you lift. If you hold your breath while you are lifting a weight it will increase your blood pressure unnecessarily. **One way to keep yourself reminded to do this is to count out loud to four when you push the weight and count to six when you lower the weight back down.**

You may experience some soreness after lifting. It should disappear within a few days and will decrease in frequency as training continues. Class participants will be taught to lift weight slowly to avoid injury. Please keep the instructor informed of any soreness or pain that you are experiencing.

### **Open Gym Sessions**

Students who successfully complete the Strength Training for Seniors Class will be authorized to use the weight machines during scheduled Open Gym sessions at the Blaine Senior Center. **Open Gym sessions will not be staffed by trained instructors or gym monitors; therefore, participants will be using the weight machines at their own risk.** Operating Instructions and Gym Rules will be posted on or next to all weight-lifting and cardiovascular machines.

**Consent and Liability Release**

I have read and understand this Class Description and Consent Form and hereby give my consent to participate in the Strength Training for Seniors Class and follow up Open Gym. I am aware that I can withdraw my consent and discontinue my participation in the class at any time during the eight-week period.

*By submitting the Physician's Clearance for Participation Form I have received medical clearance for my participation in the class and open gym and have presented medical history pertinent to participating in a high resistance strength program. If my medical condition changes, during the class or follow-up Open Gym, I am responsible for notifying the class instructor and staff at the Blaine Senior Center of this change in condition. I also confirm that I do not have any of the prohibited medical conditions described in the Medical Clearance Section of this Class Description and Consent Form.*

I understand that in case of an emergency the Emergency Response System ("911") will be called for assistance. I understand that I must follow all procedures related to the Strength Training for Seniors Class and hereby release Blaine Senior Center from any and all liability arising from or in any way connected with the Class and Open Gym.

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name:** (printed) \_\_\_\_\_