



2018 Fit for Life Application

Name	Street Address		E-mail
City/Zip	Date of Birth	Phone	Date

Regular exercise is associated with many health benefits, yet any changes of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer questions honestly.

YES	NO	* Has a physician ever said you have a heart condition and you should only do physical activity recommended by a physician?
YES	NO	*When you do physical activity, have you had chest pains in the past month?
YES	NO	*When you were not doing physical activity, have you had chest pains in the past month?
YES	NO	*Do you ever lose consciousness or loss your balance because of dizziness?
YES	NO	*Do you have a joint or bone problem that may be made worse by a change in your physical activity?
YES	NO	Is a physician currently prescribing medications for your blood pressure or heart condition (for example water pills)?
YES	NO	Does your doctor feel you need to lose weight?
YES	NO	Do you have insulin dependent diabetes?
YES	NO	Are you 55 years of age or older and not accustomed to being very active?

YES	NO	Do you know of any other reason you should not exercise or increase your physical activity?
-----	----	---

OVER

If you answered YES to any of the questions on the first page talk with your doctor BEFORE you become more physically active. Tell your doctor of your intent to exercise and to which questions you answered YES.

Please be advised that Prime Time, City of East Lansing, will not be held liable for any injury resulting from participation in Fit for Life.

YES	NO	Are you currently taking any Prime Time Fitness Classes? How many times a week? _____
YES	NO	Have you participated in Fit for Life before? If yes, what year _____ (must be prior to 2015)

Please Note: This is a grant and we must show outcomes. **All applicants MUST commit to the Pre (Jan 8, 10 – noon) and post (March 23, 10 – noon) tests or they will NOT be able to participate** (see below). All applicants will be notified of their participation in the 2018 FFL before December 31.

Please return this application with a \$50 deposit that will be returned to you at the post-test on March 23.

Mail or drop off application by December 8, 2017 to:

Hannah Community Center C/O
 Prime Time Seniors' Center 819
 Abbot Rd.
 East Lansing, Michigan, 48823

If I am accepted in Fit for Life 2018 I commit to participate in:

1. 2 Exercise Classes each week (January 8 – March 23)
2. 1 Wellness Workshop each week (January 12 – March 16 – 1-2 PM)
3. 1 Brain Exercise each week (March 23-May 18 – 1-2:30 PM)
4. Pre Test (Jan 8, 10 – 12)
5. Post Test (March 23, 10 – 12)

Participant Signature	Date
-----------------------	------

