

Reserve Your Place Today!

In an effort to provide safe and effective exercise instruction, the class size is limited to 12 participants.

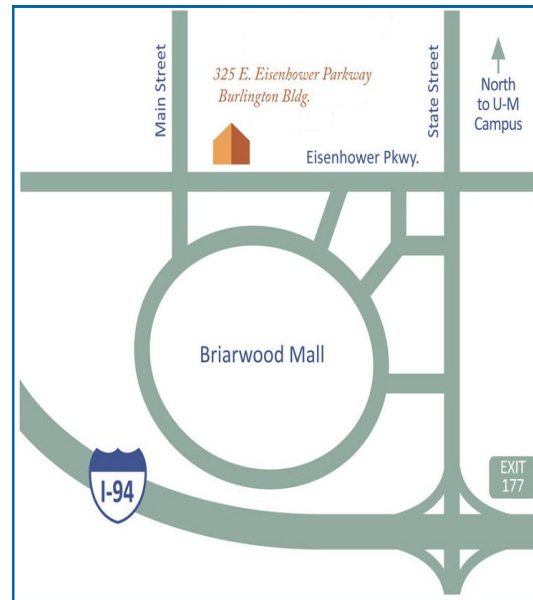
“Physical activity may not be a fountain of youth, but it is the closest thing we have”.

-Thomas L. Schwenk, M.D.,UMHS

Policies:

1. Individuals wanting to participate in classes can pay by check or credit card. Participants must register prior to attending class.
2. Full and/or Refunds are provided for the following reasons:
 - a. Injury or illness. A doctor’s note must accompany a written request for refund.
 - B. Fitness level required by the class proves inappropriate for the participant. The participant must make this decision within the first week of the class.
3. Missed class: you can attend another class within the same session (time period) to make up a missed class. However, it is up to the discretion of the instructor(s) and whether there is enough room in the class. If the class cannot be held due to instructor absence we will provide a class credit for the next session. No refunds will be applied.
4. If a class is canceled, we will make every effort to contact participants via e-mail or voicemail.

Map



UMHS

Department of Physical Medicine & Rehabilitation

Physical Therapy/Occupational Therapy

325 East Eisenhower Parkway

2nd floor

Ann Arbor, MI 48108

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Functional Fitness for Older Adults



University of Michigan
Health System

Department of Physical
Medicine and Rehabilitation

FUNctional Fitness ***What is it?***

Functional Fitness for Older Adults is an exercise class that was developed to help participants combat the detrimental physical and cognitive effects of aging such as:

- Muscle loss (sarcopenia)
- Compromised balance and reaction time
- Bone loss (osteopenia & osteoporosis)
- Decreased muscular endurance & energy
- Decreased flexibility
- Worsened posture
- Arthritis
- Increased frailty
- Memory loss

Research findings supports participation in regular exercise as being very effective in reducing and preventing a number of declines associated with aging. (ACSM, July 2000).

Our 8-week ***FUNctional Fitness for Older Adults*** is designed to assist you to improve your overall function, health, independence and quality of life. You will learn exercises to increase your strength, endurance, coordination, balance and flexibility.



Program Information

Classes run for 8 weeks, meeting 2 times per week on the following days and times:

Monday & Wednesday

9:45 am - 11:15 am
or
1 pm - 2:30 pm

Tuesday & Thursday

9:45 am - 11:15 am
or
1 pm - 2:30 pm

Criteria for admission:

- 65 years of age and older
- Participants must be able understand and retain verbal and visual instruction, walk without assistance, get down to the floor and back up with minimal assistance.
- A signed prescription form/letterhead with your physician's clearance for exercise is required.
- A completed health history form and signed liability waiver is required.

If you have any questions regarding your ability to participate in this program please do not hesitate to call us at 734-763-4990.

Note: Due to popularity of the program, space is limited .

Program Information

Program includes:

- A fitness assessment to evaluate your current fitness level in the areas of strength, cardiovascular endurance, flexibility, balance and agility.
- A consultation with a degreed Exercise Specialist to discuss your health history, exercise experience and assist with establishing exercise goals.
- Two supervised, group exercise sessions per week for 8 weeks. You may renew after your initial 8 weeks.
- A orientation and on-going instruction on various exercise equipment including strength, dynabands, treadmills, NuSteps, UBE, Stairmaster and stationary bike.
- On-going introduction to exercises that can help improve your posture, coordination, flexibility and balance.

Program Fee

\$170.00 (initial fee)

\$112.00 (renewal)

We accept checks, Visa, MasterCard & Discover

For more information:

www.med.umich.edu/pmr/patient/classes.htm

(734) 763-4990 or e-mail brittm@umich.edu