Your patient is interested in participating in the Deep H₂O Power Hour, one of several physical activity programs offered by the Center for Successful Aging at California State University, Fullerton. The Center is under the direction of Debra Rose, Ph.D., professor in the Department of Kinesiology. The participant will perform all exercises in a deep water pool using an Aqua Jogger belt for flotation.

Exercise Program: The level of intensity of the program is based on the individual capabilities of each participant. The class meets twice per week for 60 minutes over an 10-week period. Each class will be instructed by a trained supervisor with extensive education and experience in exercise science and aging. The class will use the natural properties of water to gain increases in aerobic, strength, and flexibility. The class format will consist of a 10-minute warm-up, followed by 40-minutes of exercises in the water including aerobic, strength, flexibility/mobility training, and conclude with a 5-minute cool-down.

Exercise Class Approval: yes ____ no _____

Please list any modifications/comments for testing and exercise class: ____________________________

___________________________
Print Name of Physician
___________________________
Signature of Physician
___________________________
Date

Address: ____________________________  Physician phone #: (____) _____ - _______

Center for Successful Aging
800 N. State College Blvd., KHS-011C, Fullerton, CA 92831-3599
Phone: (657) 278-7012  Fax: (657) 278-5666

4-20-09