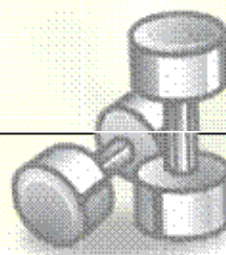


FIT Parks!



Parks-based exercise classes
...for adults of all ages and fitness levels!



Get Fit with your neighbors and friends!
It's free, fun and beneficial! Walk up today!

CLASS SCHEDULE

BURNET PARK: Mondays and Wednesdays, 6pm - 6:45pm
(meets in pool parking lot / rain location: rink)

WILSON PARK: Tuesdays and Thursdays, 5:45pm - 6:45p
(meets at Community Center)

THORNDEN PARK: Tuesdays / Thursdays, 6:15AM-7:00AM
(meets at Carriage House)

Classes are led by Physical Therapy / PTA students and graduates trained by Upstate Medical University faculty. Participants will be asked to complete an exercise-readiness form. Some participants may be required to obtain physician's consent before joining.

Exercises are designed to improve:

- * Muscle strength and endurance
- * Flexibility
- * Cardio endurance
- * Core strength and stability
- * Agility

FIT Parks! is made possible through the collaborative efforts of Upstate Medical University, the City of Syracuse Department of Parks and Recreation, and OCC with key support provided by the Central New York Community Foundation.



State University of New York
Upstate Medical University




CENTRAL NEW YORK
COMMUNITY
FOUNDATION, INC.
Where the Smart Money Gives.



**FIT Parks
City Parks Fitness Program**

Registration Form

NAME: _____ **AGE:** _____

Name of Parent (if under 18): _____

ADDRESS: _____ **CITY, State** _____ **ZIP:** _____

E-MAIL: _____

HOME PHONE: _____ **ALTERNATE PHONE/ CELL:** _____

EMERGENCY CONTACT: _____ **PHONE:** _____

I understand that the City of Syracuse Department of Parks, Recreation & Youth Programs strongly recommends an annual medical examination before participation in any strenuous activity such as, but not limited to, swimming, basketball, dance, aerobics, weight training, etc. I am presently in good condition and have had no serious illness or surgery since my last health examination.

I give my permission to the Recreation staff / volunteers / contracted instructors to take any action necessary in my best interest; I also give my permission to local doctors and/or hospitals to administer proper medical assistance should the need arise.

***WAIVER.** In consideration of my participation in recreational activities, I hereby release the City of Syracuse, and all its officers, employees and agents from any claims, liabilities, damages or expenses that I may incur relating to my participation in any program event(s), including transportation to and from any such event.*

_____/_____/_____
Signature Date

Signature of Parent (for participant under 18 yrs of age)



FIT! Parks City Parks Fitness Program

Physical Activity Readiness Questionnaire

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

	<u>YES</u>	<u>NO</u>
1. Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity?	_____	_____
2. Do you frequently have pains in your chest when you perform physical activity?	_____	_____
3. Have you had chest pain when you were not doing physical activity?	_____	_____
4. Do you lose your balance due to dizziness or do you ever lose consciousness?	_____	_____
5. Do you have a bone, joint or any other health problem that may be aggravated by the proposed physical activity?	_____	_____
6. Are you pregnant now or have you given birth within the last 6 months?	_____	_____
7. Is your doctor currently prescribing drugs for your blood pressure or heart condition?	_____	_____
8. Do you have diabetes ? Yes _____ No _____		
9. Do you have Osteoporosis?	_____	_____
10. Do you know of any other reason why you should not exercise?	_____	_____

If you answered YES to one or more questions:

Talk with your doctor by phone or in person before you start becoming much more physically active before you have a fitness appraisal. Tell you doctor about the PAR-Q and which question(s) you answered YES.

- You may be able to do any activity you want-as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better.
- If you are pregnant - talk to your doctor before you start becoming more active.
- **Please note:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether your exercise plan needs modification.

I have read, understood and completed the questionnaire. Any questions that I had were answered to my full satisfaction.

Name _____

Date _____

Signature _____