



Appendix B

FORMS AND LISTS

You will find links to the materials in this SrFit Appendix at the web site of the American Academy of Health and Fitness: www.AAHF.info.

1. Medical Questionnaire
2. Exercise Profile
3. Activities Questionnaire
4. Physical Activities Index
5. Overview and Consent/Release Form
6. Statement of Medical Clearance for Exercise
7. Cover Letter to Physician
8. How to Select an Age-Friendly Personal Fitness Trainer
9. How to Select an Age-Friendly Fitness Facility
10. Special needs & guidelines for training a client with Heart Disease
11. Special needs & guidelines for training a client with Diabetes
12. Special needs & guidelines for training a client with Osteoporosis
13. Special needs & guidelines for training a client with Low Back Pain
14. Special needs and guidelines for training a client with Arthritis
15. Training clients to improve their game in the Lifetime Sport of Golf
16. Training clients to improve their game in the Lifetime Sport of Tennis
17. Training clients to improve their game in the Lifetime Sport of Swimming