

Pre-Exercise Assessment for Seniors' Exercise Class



- What are your current mobility limitations?
 - Are there any specific difficulties with walking, standing, sitting, balancing, or transferring (e.g., from chair to standing)?
- How does your medical history or any existing conditions affect your mobility?
 - Are there pertinent diagnoses, past injuries, or recent surgeries that will disturb your work outs? Is your condition stable, progressive, or fluctuating?
- What assistive devices or supports do you currently use?
 - Do you use canes, walkers, wheelchairs, orthotics, or any adaptive equipment?
- Have you experienced recent falls or balance issues?
 - Share any history of falls, dizziness, or unsteadiness.
- What are your goals for participating in this class?
 - Do you want to improve strength, flexibility, balance, endurance, or independence in daily activities?
- Are there any movements or activities you should avoid or modify?
 - We will need to adapt exercises to your needs and for recommendations on safe participation.
- Do you need assistance with technology for a Zoom exercise class?
 - Inquire about chair-based options, breaks, or assistance with technology for Zoom participation.
- What would you do if you experienced pain, fatigue, or other symptoms during exercise?
 - What protocols would you use for reporting symptoms and adjusting your activity level?

Consult your healthcare provider before beginning any exercise class.