

*Drink 50% of your body weight in ounces of water  
If you weigh 100 lbs.  
Your water consumption would be 50oz daily*



The Journey has just begun!  
<https://50PlusFitness.me>

*It is not about us.  
It is about staying independent,  
and continuing to make memories  
with family and friends!*

**Happy 2021!**

*You will need to copy and paste info below into an email prior to filling it out. (2 pages)*

Send it to **Team@50PlusFitness.me**

*I hope 2021 is going well for you!*

*I am not one for resolutions. In fact, I have yet to keep one, but now at 64, I am ready to take a stand. A stand for my health, for my fitness, and the memories I still want to create with my loved ones.*

*What is your Fitness Resolution?*

*Date of class you are enrolled in:*

*Name:*

*I want you to take a moment to reflect on the resolution you wrote down. Are you feeling excited? I hope so, because becoming stronger, to move easier, to be balanced, and focused on making memories is what you need to stay committed to your goals.*

*What feelings did writing your resolution bring to the forefront for you? Jot down a few. (Excitement, determination?)*

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*Who, in your life, is important to you? Write down some names*

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*Is staying independent important to you? Why?*

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*What do you hoping to learn in the class?*

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*Below is a brief list. It will help me understand who is in the class. What do you want to improve? Choose one or all.*

- \_\_\_ Sit on the floor comfortably and get up again.*
- \_\_\_ I have trouble climbing stairs, my legs hurt*
- \_\_\_ I have trouble climbing stairs, I get out of breath*
- \_\_\_ I have trouble walking backwards*
- \_\_\_ I can't stand on one foot for more than a few seconds*
- \_\_\_ Your concerns:*

*Orthopedic History: fill in if you've had surgery, replacement, or Physical Therapy, be brief.*

*Knees:*

*Hips:*

*Shoulders:*

*Elbow or Wrist:*

*Low Back:*

*Upper Back/Neck:*

*Other comments or concerns:*

*Thank you for taking the time to fill out the information above. I am excited to meet everyone in the classes coming up in February and March! Please don't forget to send it to me at least a few days before your class.*

*It is important to me that everyone find a comfortable way to move. It is not exercise, it is movement. Your body is losing muscle, joints are stiffening, and bones are weakening. To stay independent we need to continue to move. Let's make life fun, and safe. You will find life is much more enjoyable when you can move comfortably and not worried about falling.*

*If you have any questions feel free to contact me. You can leave a message at 602-469-9000 I will get back to you as quickly as possible.*

*Betsy Dyson  
602-469-9000  
<https://50PlusFitness.me>*

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**50 Plus Fitness LLC**