



**Always Active<sup>SM</sup> Partners:**  
**OnLok's 30th Street Senior Center**  
225 30<sup>th</sup> Street 3<sup>rd</sup> Fl., SF, CA 94131  
**San Francisco Senior Center Inc.**  
890 Beach St. SF, CA 94109  
**University of San Francisco**  
**Dept. of Exercise & Sport Science**  
2130 Fulton St. SF, CA 94117

[www.alwaysactive.org](http://www.alwaysactive.org)

Dear Doctor:

Your patient has expressed interest in participating in the Always Active<sup>SM</sup> program, a health promotion initiative for older adults in San Francisco. The Always Active<sup>SM</sup> program is designed to enhance overall well-being for adults over the age of 60, and promote socialization by providing an array of services that include; exercise classes to increase overall strength, balance, aerobic conditioning, and flexibility; 12-week fall prevention workshops, and 6-week health education workshops that promote self-management skills to deal with chronic diseases.

Overall, the program promotes a gradual increase of physical activity (Please note that if you have specific recommendations you are welcomed to tell us in a separate note). Seniors who enroll in this program will receive a one-on-one consultation with a certified fitness professional and have the opportunity to create a personalized Wellness Plan with your help, the senior's input, and the certified trainer. Our staff/certified trainer will orient the participant through the wellness services and through the various exercise classes we offer. A volunteer trained on the use of exercise equipment will orient the participant. Please note that the role of the program staff is to educate, support, and motivate the participant, but not to implement a therapy program.

Depending on what you feel is appropriate for your patient, he/she will have the opportunity to participate in a variety of donation-based wellness services. **We will emphasize basic exercise safety and precautions, however, the participant will need to know, his/her physical limitations and must take responsibility to exercise accordingly.** If at any point the instructor deems the class not safe for the participant due to frailty or inability to follow instruction, we will perform a series of fitness tests to determine continued eligibility in the program.

Please assist us in determining whether your patient is appropriate for participating in any of our programs by signing and completing the release form enclosed. You may fax or mail the form back to us, or return a signed copy with your patient who can make an appointment with one of our site coordinators listed on the release form.

Thank you in advance for enabling us to better serve your patient.

Sincerely,

Valorie Villela, Director of Lead Agency – 30<sup>th</sup> Street Senior Center

Always Active<sup>SM</sup> is San Francisco's comprehensive health promotion program for older adults made possible by the funding and collaboration efforts of the 30<sup>th</sup> Street Senior Center-a program of OnLok, the University of San Francisco's Department of Exercise and Sports Science, San Francisco Senior Centers, Inc., and San Francisco's Department of Aging and Adult Services.

### Physician's Release Form for the Always Active Health Promotion Program

I understand that exercise classes in the Always Active Program are taught, monitored and/or supervised by trained staff and volunteers. **However, I am also aware that these classes are conducted in a group setting without the ability for constant individual assistance or instruction.**

Therefore, in my professional opinion and considering the current state of my patient's health, I believe \_\_\_\_\_, can safely participate in the following Always Active program offerings:

*YES*    *NO* (Please mark one box in each row with an X) \*Classes also offered in Spanish & Chinese

       **\*Fall Prevention Program (12 Participant Maximum):** A 12-week program developed by Dr. Christian Thompson from the University of San Francisco. Participants engage in exercises for lower extremity strength, standing static & dynamic balance, gait enhancement, and sensory/vestibular stimulation.

       **Strength & Flexibility :** Classes include moderate intensity exercises using weights, resistance tubing, stretching, and balance exercises. These exercises are likely to induce a moderate to significant increase in heart rate. Participants must be able to perform standing exercises for 60 minutes. Chairs are available for participants to use if needed. (No individual assistance- must be able to exercise independently).

       **Aerobics (No Direct Supervision):** Use of treadmills, recumbent and/or stationary bicycles. These exercises are likely to induce an increase in heart rate.

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date  
(    )

\_\_\_\_\_  
Physician's Name (Please Print)

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Address

\_\_\_\_\_  
License Number

Please return this form via fax, email or mail to the program staff member designated below. Alternatively, you may provide a signed copy to your patient. Please contact us if you have any questions.

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For Always Active<sup>SM</sup> Staff Use Only

NEW \_\_\_\_\_ RENEWAL \_\_\_\_\_

AA<sup>SM</sup> Member # \_\_\_\_\_

Registered by: \_\_\_\_\_

PR Form Expiration: \_\_\_\_\_