



Date: _____

Dear Doctor,

Medical Clearance for: _____

Re: Living Longer Living Stronger™ progressive strength training program at BayFit Leisure Centre

As you would be aware, ageing is frequently associated with an increased risk of conditions such as osteoporosis, type 2 diabetes and cardiovascular disease, as well as reduced functionality, independence and quality of life.

However there is now considerable evidence that regular participation in appropriately designed strength (or resistance) training programs can arrest and even reverse some of these declines in function, health and general well being. Muscle strength and endurance can be increased at any age through progressive strength training, which also enhances posture, balance, coordination and flexibility. It also improves outcomes for people with a range of health conditions including type 2 diabetes, osteoporosis, cardiovascular disease and arthritis, and has benefits for mental health.

Our facility has been endorsed by the Council on the Ageing (COTA) to deliver a Living Longer Living Stronger™ progressive strength training program for people over the age of 50 years. Our program incorporates:

- Initial and ongoing assessments to enable a progressive strength training program to be developed that is appropriate for the person's specific needs, abilities and health conditions
- Fully qualified and committed instructors and a safe, supportive environment
- At least two appropriately supervised group sessions a week
- The opportunity to socialise with other participants after the training session.

Supporting people to make changes to their lifestyle is central to the role of general practice. Currently about 10,000 older people benefit from participation in Living Longer Living Stronger™ across Victoria. Living Longer Living Stronger™ can support your role in enhancing your patients' health, independence and quality of life. However, medical clearance is required for potential participants who have, or are at risk of conditions that may preclude or limit participation in physical activity. As such, please see the medical clearance request for your patient overleaf.

I am available to provide more information about our Living Longer Living Stronger™ program at your convenience. Please contact me on ...(insert relevant details)....

Yours sincerely

Patricia Byrne
LLLS Program Coordinator at BayFit Leisure Centre

