

Welcome to the Harry & Jeanette Weinberg Foundation Fitness Center at the Myerberg Center. We are very excited you have chosen to exercise at the Fitness Center. As a new member there are a few things you may like to familiarize yourself with.

There are four forms you need to complete before becoming a member of the Fitness Center.

- Health & History Form (front and back side)
- Physician Referral Form (top portion only)
- Waiver and Release of Liability
- Myerberg Center Membership Form (Only for non current members)

We will fax your physician's referral form for you and schedule your evaluation once you return all of your completed paperwork.

Please allow one hour for your evaluation. You will be exercising so wear comfortable clothing and appropriate walking or tennis shoes. Please let us know if you have any orthopedic or physical limitations that may require special assistance. **If you are unable to exercise without assistance a care giver must be with you at all times during your exercise sessions.**

There are four components of your evaluation.

- Health History
 - Physical health conditions and concerns reviewed and documented
 - Review of medications
 - Goals you would like to achieve
- Testing
 - Blood Pressure and Heart Rates will be recorded
 - Sit and Stand
 - Bicep Curl
- Cardiovascular
 - How to use the cardiovascular equipment
 - Proper seat settings
 - How to turn on equipment
 - Proper speed and resistance
 - Review of Target Heart Rate
- Strength Training
 - Appropriate strength training exercise will be chosen for you
 - Seat settings
 - How to perform exercise
 - Appropriate weight, repetitions and sets
 - Stretching