

Welcome to Functional Exercises to Improve Fitness, Balance, & Agility

I am looking forward to meeting all of you. This course will combine lecture and physical activity therefore you will need to wear clothes and shoes appropriate for exercise. I will start the session with lecture from the power points and end with the activities. The first class we will be doing the Fitness Assessments posted on the class notes. Also you need bring a mat to all of the classes and for the third class I suggest you bring exercise tubing or bands along with the mat. See Suggestion below.

The Power Points pdf, Fitness Assessment Manual, and Assessment score sheet will be posted under class notes on the Osher website. You will notice that I have links to a number of videos from the internet because the power points are posted as pdf, the video will not work directly but the hyperlinks should work. Thus if you click on the posted URL, it should open to the internet.

I would suggest that you print yourself a copy of Assessment Score Sheet for the first class. The Assessments are located within Day One Power Points.

If you do not have any resistance tubing, I will bring samples of exercise tubing to the first class and explain the different levels and options.

Karen Thomas

