



## **Pre-Exercise Screenings**

We at Living Care recognize the physical decline that happens with a sedentary lifestyle and reduced opportunities to exercise. As such, we are very cautiously discussing what our exercise programs will look like in the coming weeks and months. We are taking small but important steps to ensure the health and safety of all participants, including offering a screening process and assessment.

**Next week we will be providing a Functional Fitness Screening to any and all residents that want to participate in our upcoming exercise programs.**

This basic movement screening test will assess your fitness level for future classes. The screen will only take minutes and will test your:

Arm Strength  
Leg Strength  
Balance  
Walking

**Screenings will be provided in:**

**Living Court, Living View, Gable View and Valley View.**

**Screenings will take place on Tue., May 26<sup>th</sup> and Thur., May 28<sup>th</sup>**

Please call to sign up for your date and time....

Jennifer 965-5278