



PD Move It!

PD PowerUP!

www.pdmovesme.com

* Participation Requirements *

PD Move it!

Participants must be able to:

- * maintain balance for > 30 seconds with minimal assistance
- * walk 50 feet on pavement with minimal (cane) assistance
- * follow instructions for safety and fall prevention
- * provide a referral from your physician, or medical professional allowing you to participate in this exercise class

PD Power UP!

Participants must be able to:

- * walk, move & turn on all surfaces, and in all directions with relative ease & without assistance
- * get up and down off a floor mat with relative ease and without assistance
- * maintain balance for 1 minute without assistance
- * follow instructions for safety and fall prevention
- * provide a referral from your physician, or health care professional allowing you to participate in this exercise class (see reverse side of this pamphlet)

PARTICIPANTS MUST PRE-REGISTER

PLEASE PRINT:

Patient Name:

Date of Birth:

Diagnosis:

Special instructions:

Doctor/Therapist Name

Office Address and phone:

Signature of Medical Professional:

Date:

Please bring this referral to your first 'PDPowerUp! or Move It! class