

Dear Sir/Madam:

Thank you for the interest you expressed in the BODYWISE Program!

The BODYWISE Program is specifically designed and operated to promote health, wellness and fitness for persons **60 years** of age or older in the District of Columbia. Some of the benefits which may be achieved include: an increase in participants' cardiovascular efficiency, muscular strength, flexibility and overall life satisfaction, as well as health and preventive knowledge.

The BODYWISE Program consists of water aerobics, (swimming is not required) yoga, low-impact aerobics and chair exercise classes. Classes are conducted by appropriately trained and certified instructors. Participants are encouraged to exercise at their personal level of fitness. The program also provides great opportunities for socializing.

Participants in the BODYWISE Program must:

- Be a resident of the District of Columbia
- Be 60 years of age or older
- Complete an Application Form
- Obtain a Medical Release Form executed and signed by his/her Physician (to be completed ANNUALLY).

If you would like to join the program, simply complete the application form and have your physician sign the medical release. Applicants can mail or bring their completed application to the BODYWISE office. After a complete application has been submitted to the BODYWISE office we ask that you call (202-274-6651) for a brief orientation. Once the orientation has been conducted you will receive a membership card to start your classes.

Again, thank you for your interest, and we hope you will make the decision to become **"BODYWISER"**.

6/2013

LOCAL COMMITMENT – GLOBAL REACH

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