



**Gibraltar Sports and Leisure Authority**  
**Bayside Sports Centre**  
**Bayside Road**  
**Gibraltar**



Dear Medical Professionals

Date: February 2015

**Re: Seniors Physical Activity session – Name \_\_\_\_\_**

One of your patients has expressed interest in participating in one of the physical activity sessions organised as part of the Gibraltar Sports & Leisure Authority (GSLA) / Physical Activities Association for Mature Older Adults (PAAMOA) programme of activities aimed specifically at seniors.

The activity programme includes Exercise to Music; low impact aerobics, muscular strength and endurance, flexibility & co-ordination exercises. Pilates, Aquaerobics, Chair exercises, Mobility & movement workshops, yoga and general recreational activities including badminton, carpet bowls and table tennis is also included in the programme. All participants have to complete a health screening form before they can join in activities, a copy of which is attached.

Instructors hold relevant qualifications, Leaders all take part in annual CPD to ensure sessions are safe and effective.

We would like to take your advice on your patient’s suitability to take part in the physical activity programme and if there are any exercises/activities that they should avoid, or that you would recommend.

We have sessions aimed at those that are healthy and or low risk, between the ages of 50 and 67 and also sessions for the older, more frail, primarily over the age of 68 years.

- **Please advise which age group you feel your patient would benefit from? Healthy, fit and up to 67 years or the older age group. Please delete as appropriate.**

**Please mark recommended activities**

Exercise to Music – Instructor led		Pilates – Instructor led.	
Chair exercises – Leader led		Movement & mobility – Leader led	
Walking - unsupervised		Recreational activities, bowls, table tennis, badminton - unsupervised	
Swimming – Instructor /Leader led		Using a gym – Leader led.	

Are there any exercises/activities that you feel your patient should avoid?

Is there other information that you think we should be aware of?

If you have any questions regarding this exercise programme, please contact the Gibraltar Sports Development & Training Unit email [Gibsportsdev@gibtelecom.net](mailto:Gibsportsdev@gibtelecom.net) / telephone 350 20076522.

Thank you for your time.

Yours truly,

Michelle Turner  
 Sports Development & Training Officer