

**BUCKSPORT Parks & RECREATION DEPARTMENT**

Tim Emery, Director  
PO Box 718  
Bucksport, ME 04416  
Phone: 469-3518  
Email: [tim.emery@bucksport.biz](mailto:tim.emery@bucksport.biz)

**Dear Community Member:**

As an older adult, **regular physical activity is one of the most important things you can do** for your health. It can **prevent many of the health problems** that seem to come with age. It also **helps your muscles grow stronger** so you can keep doing your day-to-day activities without becoming dependent on others. For these reasons the Bucksport Parks and Recreation Department is sponsoring the **Growing Stronger Program**.

**Growing Stronger** classes include a variety of activities including some light muscle work, stretching techniques, breath work, and more. This course has been developed from a sequence of scientific studies and research proving that strength training shows a variety of positive results including reversing bone loss, improving energy and balance, helping your heart, relieving arthritis symptoms, and boosting your metabolism.

The class is open to Bucksport area senior citizens, age 55 and up. Classes are geared to meet the needs of participants of all physical abilities. To register you will need to fill out the attached medical forms, obtain a physician's signature, and call the Bucksport Recreation Department at 469-3518 or email us at [tim.emery@bucksport.biz](mailto:tim.emery@bucksport.biz) or [youthchoices@bucksport.biz](mailto:youthchoices@bucksport.biz). **Classes will be held Tuesdays and Fridays from 9:00a.m to 10:00 a.m. at the Jewett School Community Center.**

Any further questions, please do not hesitate to call Tim Emery or Barb Ames at 469-3518 or email us at [tim.emery@bucksport.biz](mailto:tim.emery@bucksport.biz) or [youthchoices@bucksport.biz](mailto:youthchoices@bucksport.biz).

Sincerely,

Tim Emery  
Recreation Director

Barb Ames  
Youth Program Coordinator

**BUCKSPORT Parks & RECREATION DEPARTMENT**

Tim Emery, Director  
PO Box 718  
Bucksport, ME 04416  
Phone: 469-3518  
Email: [tim.emery@bucksport.biz](mailto:tim.emery@bucksport.biz)

Dear Doctor:

The Bucksport Parks & Recreation Department is offering, "Growing Stronger" classes, a low-impact, strength-training exercise program, on a regular basis at the Jewett Community Center.

Classes are being taught by certified fitness instructors (via International Fitness Association). This program is designed to help participants gain strength and flexibility at their own pace regardless of the fitness ability. "Growing Stronger" classes contain the following:

Range of motion  
Upper body workout using hand-held weights  
Lower body workouts using adjustable leg weights (1/2 lb up to 10 lb on each leg)  
Abdominal workouts  
Gentle stretching

This strength-training program was developed by experts at Tufts University and the Centers for Disease Control and Prevention (CDC).

We are asking participants for physician referral/approval. Please fill out the attached form for your patient.

If you have any questions, please feel free to contact either Tim Emery or Barb Ames at 469-3518 or email us at [tim.emery@bucksport.biz](mailto:tim.emery@bucksport.biz) or [youthchoices@bucksport.biz](mailto:youthchoices@bucksport.biz).

Sincerely,

Tim Emery  
Recreation Director

Barb Ames  
Youth Program Coordinator

**BUCKSPORT Parks & RECREATION DEPARTMENT**

Tim Emery, Director  
PO Box 718  
Bucksport, ME 04416  
Phone: 469-3518  
Email: [tim.emery@bucksport.biz](mailto:tim.emery@bucksport.biz)

**Medical Referral/Approval  
“Growing Stronger”**

\_\_\_\_\_ (Participant’s Name) has been examined by me and has my approval to participated in “Growing Stronger,” a low-impact, strength-training exercise program, offered by the Bucksport Parks & Recreation Department. I understand this class is led by certified fitness instructors (via International Fitness Association) and see no reason why the above-named person should not participate.

\_\_\_\_\_  
Physician’s Name

\_\_\_\_\_  
Date