

The StrongWomen Program
A National Fitness Program for Women

“Dear Doctor” Letter

Dear Dr. _____,

Your patient _____, is interested in participating in the StrongWomen Program at the Ag. Service Center in La Grande. This moderate intensity, progressive exercise program includes strength and balance training and is designed to improve muscle strength, dynamic balance, and flexibility.

The program is based upon the results of strength training studies in older adults conducted by scientists at the John Hancock Center for Physical Activity and Nutrition at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University, Boston, MA. Scientists and exercise physiologists at Tufts University have designed this exercise program especially for mid life and older adults, and Program Leaders in your community are implementing the program. Your patient will be required to complete a Medial History Questionnaire and provide Informed Consent prior to participation in this exercise program.

Please complete and sign the enclosed Physician Authorization Form. If you have any questions or would like to discuss your patient’s participation in this program in further detail, please call Angela Combe at 541-963-1010.

Sincerely,



Angela Combe, MS
Extension Faculty,
Family & Community Development