



Appendix B

FORMS AND ARTICLES

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6. [Statement of Medical Clearance for Exercise](#)
7. [Cover Letter to Physician](#)
8. [How to Select an Age-Friendly Personal Fitness Trainer](#)
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10. [Special needs & guidelines for training a client with Heart Disease](#)
11. [Special needs & guidelines for training a client with Diabetes](#)
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14. [Special needs and guidelines for training a client with Arthritis](#)
15. [Training clients to improve their game in the Lifetime Sport of Golf](#)
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