

Purpose

Assess client needs, prioritize proper form, ensure safety, and track results to improve senior mobility and independence.

Core Responsibilities

- Arrive on time and prepared
- Prioritize safety over intensity
- Modify exercises for pain, fatigue, or balance issues
- Never push through pain
- Maintain professional boundaries

Session Standards

- Warm-up → Strength → Balance/Core → Cool-down
- Monitor breathing, posture, and fatigue
- End session with client feedback check

Safety Rules

- Stop immediately if dizziness, chest pain, or sharp pain occurs
- Call emergency services if required
- Report all incidents the same day