

PT, PTA AND STUDENT VOLUNTEERS NEEDED



S U S T A I N E D A T H L E T E F I T N E S S E X A M

SAFE, previously known as Senior Athlete Fitness Exam, has been used to screen general health and physical fitness in athletes participating in the past 6 National Senior Games and two New Mexico Senior Games, successfully identifying those with risk factors in the areas of Cardiovascular Fitness, Muscular Fitness, Flexibility Fitness and Balance Fitness.

When: **Thursday, June 13, 8:00 AM – 5:30 PM with AM and PM Shifts available**

Where: **New Mexico State University, Las Cruces, NM**

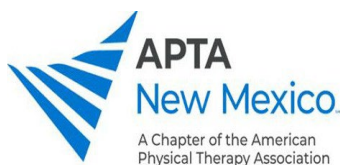
How You Will Help: Athletes will be going through different stations including basic past medical & sport history, and fitness testing of cardiovascular, strength, flexibility, balance & mobility. They will get a scorecard on their performance.

[Sign up HERE to Volunteer](#)

Why: There are many benefits to participating in this event.

- **Educate** this inspiring population of senior athletes about the benefits of physical therapy.
- **Prevent** future health issues in these motivated seniors by identifying areas of concern, ways they can stay on top of their game.
- **Network** with PT/PTAs/students, and other healthcare professionals.
- **Understand** athletically active seniors and learn what is possible with active aging.
- **Inspire** your own physical activity. You will meet some excellent role models for aging!

Training: Videos on conducting the screens will be provided to volunteers in advance, however, the tests and measures utilized are commonplace to most physical therapists working with older adults. The screen is divided into stations, each conducting different tests, so that each volunteer may only be responsible for learning one aspect of the screen well.



^QR Code to Sign Up