

MEDICAL FITNESS PROGRAM REFERRAL FORM

8-week Medical Fitness Program

Includes pre-post measurements, individual exercise prescription, 8-week membership with optional twice per week supervised group workout sessions and progress report to health care provider. \$99

- Complete this form and fax to (910) 715-1850. Patient will be called to schedule appointment
- Minimum age 14 yrs
- Patients may participate in the program one time

PATIENT'S INFORMATION:

NAME: _____ DOB: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

FITNESS CENTER PREFERENCE: Pinehurst Raeford Richmond Sanford Southern Pines Troy

- Cancer Wellness** - Cancer survivors and those currently undergoing treatment, benefit from an integrative fitness program including gentle yoga, meditation and relaxation techniques to reconnect the mind and body while improving strength and aerobic fitness. Available at Southern Pines location.
- Diabetes Fitness** - A physical activity program to help manage diabetes by improving blood sugar control, insulin sensitivity and weight maintenance. We also recommend participation in the FirstHealth Diabetes Education Program
- Fit for Surgery** - Prepare for surgery by increasing strength and endurance for a quicker, easier recovery
- Functional Fitness** - Increase activities of daily living and reduce pain with gentle movement
- Healthy Heart Fitness** - For those who do not qualify for Cardiac Rehab, participation in this heart-healthy program will help reduce risk of cardiovascular disease, gain strength and increase endurance
- Inactive to Active** - Improve health and stamina for those with health issues due to an inactive lifestyle
- Orthopedic Fitness** - Post-rehab program following an orthopedic surgery or to manage a recurring injury
- Pulmonary Fitness** - For those who do not qualify for Pulmonary Rehab, this supervised program will help increase level of physical activity for those with pulmonary or respiratory conditions
- Weight Management** - Develop new physical activity habits while pursuing a healthy weight

Exercise is Medicine

- Complimentary consultation** - a one-time session with a medical fitness professional to learn strategies to begin a health and fitness program



HEALTH CARE PROVIDER:

Name: _____ Signature: _____

Practice: _____ FAX #: _____