

Medical Fitness Program



MEDICAL FITNESS PROGRAM REFERRAL FORM

Exercise is Medicine



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

8-week Medical Fitness Program

This one-time program includes an assessment, individual exercise prescription, 8-week membership with an optional twice per week supervised group workout sessions and follow-up 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

PATIENT'S INFORMATION:

NAME: _____ DOB: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

DX'S: _____

We have created programs for patients with over 50 diagnosis'. Example programs :

- Cancer Wellness** - Cancer survivors and those currently undergoing treatment, benefit from an integrative fitness program which can include gentle yoga, meditation and relaxation techniques to establish healing momentum while improving strength and aerobic fitness.
- Cognitive Enhancement** – Designed for mild to moderate cognitive disorders, memory strengthening.
- Diabetes Fitness** – Fitness to 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.
- 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 daily living, 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.
- Pain Easement** – Increase motion and stamina while attentive to fluctuating pain tolerances.
- 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.

FITNESS CENTER PREFERENCE: Pinehurst Raeford Richmond Sanford Southern Pines Troy

Provider Name: _____ Signature: _____

Practice: _____ FAX #: _____

Phone (910) 715-1808 • FAX (910) 715-1850 • www.firsthealth.org/fitness

Find these forms online at
www.firsthealth.org/referral