



## Healthy Lifestyles Fitness Center

200 Chesapeake Blvd., Suite 2500 Elkton, MD 21921  
410-620-3101 (Fax) 410-620-3606

Participation in the **Life Beyond Cancer Fitness Program** requires medical clearance. The testing portion of this program involves shoulder range of motion testing, arm girth measurements (for patients who are predisposed to upper extremity lymphedema), and postural assessments.

An exercise program is designed for each individual, depending on the clients' needs; beginning with basic stretching, flexibility, and core strength exercises and gradually progressing to a resistance training program designed to increase upper and lower body strength and bone density. Our Fitness Coordinators are Certified Cancer Exercise Specialists and Certified Personal Trainers.

If you know of any medical or other reasons why participation in an exercise program by the applicant would be unwise, please indicate on this form.

Participant's Name \_\_\_\_\_

Participant's Address \_\_\_\_\_

### To be signed by the physician:

***In your opinion, is this patient medically cleared to participate in a supervised exercise program?***

\_\_\_\_\_ Yes, this patient is medically cleared to participate in a supervised exercise program.

\_\_\_\_\_ No, this patient is not medically cleared to participate in a supervised exercise program.

\_\_\_\_\_ The participant *should not* engage in the following activities: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### **Additional Comments:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**Physician's Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Physician's Signature**

\_\_\_\_\_  
**Telephone Number**