



HEALTHY LIFESTYLES
FITNESS CENTER

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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 Coordinator is a Cancer Exercise Specialist as well as a certified Personal Trainer.

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: _____

Participant's Phone Number: _____

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