Health and Fitness, Today,Tomorrow4 Ever

Medical Clearance Form

Dear Doctor

Your Patient _____ wishes to take part in an exercise program and /or fitness assessment. The exercise program may include progressive resistance training, flexibility exercises, and a cardiovascular program; increasing in duration and intensity over time. The fitness assessment may include a sub-maximal cardiovascular fitness test and measurements of body composition, flexibility, and muscular strength and endurance. After completing a readiness a readiness questionnaire and discussing their medical condition (s) we agreed to seek your advise in setting limitations to their program.

By Completing this form, you are not assuming any responsibility for our exercise and assessment program. Please identify any recommendations or restrictions for your patient's fitness program below. (Physician's Recommendations).

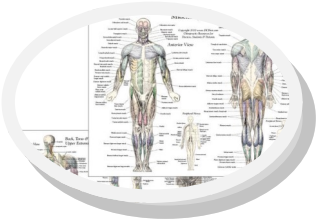
Patient Consent and Authorization

I consent to and authorize _____ to release to _____, health information concerning my ability to participate in an exercise program and or fitness assessment. I understand this consent is revocable except to the extent action has already been taken. Authorization is not valid beyond one year form date of signature. Further disclosure or release of my health information is prohibited without specific written consent of person to whom it pertains.

Members Signature: _____ Date:

Trainers Signature: _____ Date:

Muscle Anatomy



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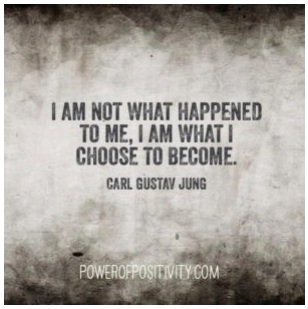

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Physician's Recommendations

I am not aware of any contraindications towards participation in a fitness program.

I believe the applicant can participate, but urge caution because:

_____

_____

The applicant should not engage in the following activities:

_____

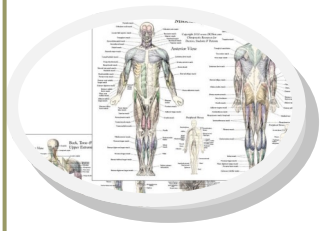
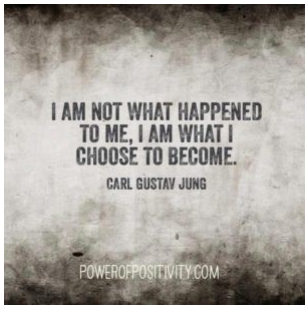
I recommend the applicant not participate in the above fitness program:

Physician's Signature: _____ Date:

Physicians name (print): _____ Phone: _____

Address: _____ City: _____ State: & Zip _____

Muscle Anatomy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