

EMORY
DECATUR
HOSPITAL

MEDICAL FITNESS PROGRAM REFERRAL FORM

8-week Medical Fitness Program

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

- Complete this form and fax to (404)501-7689. Patient will be called to schedule appointment
- Minimum age 16 yrs
- Patients may participate in the program one time

PATIENT'S INFORMATION:

NAME: _____ DOB: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

- 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 #: _____

The Wellness Center • 2665 North Decatur Rd, Decatur GA 30033
PH: (404) 501-2222 • FAX (404) 501-7689
www.emoryhealthcare.org/centers-programs/wellness-center