

FITNESS

Coaching

Helping you meet your specific fitness needs.

The OSF Exercise Specialists at the RiverPlex are ready to help you become fit and healthy. During these one on one training session, you will be able to reach your fitness goals. No matter what health problems you may have, we are here to help you with the exercise plan this is safe for you.

Stop by the 2nd floor of the RiverPlex to purchase your OSF Personal Training punch card or call 282-1639 for more information.



Fitness Training

Physician Consent for Participation in OSF Wellness Services Programs at the RiverPlex

Patient Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Work Phone _____ Home Phone _____

I. Please Complete or Include Current Summary List

Problems / Medical Diagnosis		
Date	Active	Operative / Invasive

Are there any restrictions for exercise? (*please circle one*) Yes No

If yes, please explain _____

II. • Patient membership in the OSF Wellness Services programs **includes**, but is not limited to the following: Heart Disease, Diabetes, Peripheral Vascular Disease, Pulmonary Disease, Arthritis, Fibromyalgia, Muscular Sclerosis, Stroke, and Parkinson's.

- I approve the above patient's participation in the OSF Wellness Services programs at the RiverPlex.
- No exercise restrictions apply, unless otherwise mentioned above.
- OSF standing orders will be initiated in the event of medical emergencies.
- Pre and post exercise blood glucose checks for all Type I & II Diabetes per program protocol.

Signature _____ MD Date _____ Time _____