

Prescription for Good Health

Referral for Medically-Based Health & Fitness Activity



Patient: _____ Phone: _____

E-mail: _____

Physician (print): _____

Physician Signature: _____

Practice: _____ Phone: _____

Recommended Activities

- Fitness Consultation & Exercise Plan
- General Exercise
- Land or Warm Water Arthritis Classes
- Balance Program
- Weight Management Program
- Nutrition Consult with Registered Dietitian
- Supervised Exercise Programs
- Fit for Surgery
- Group Fitness Classes
- Yoga, Tai Chi, Pilates
- Acupuncture
- Therapeutic Massage
- Prenatal Exercise Program
- Cancer Wellness Program

This patient may participate in a fitness consultation and personal fitness program with the TriHealth Fitness professionals:

Without restrictions

With the following restrictions:

I would like a copy of this patient's fitness consultation results.

513 985 6711 | 513 985 0918 fax
6200 Pfeiffer Road, Cincinnati, OH 45242



Physician Referral Fitness Consultation includes the following:

A wellness/fitness consultation will be conducted that includes a health risk assessment, review of your current exercise habits, personal limitations, wellness and fitness goals, a brief assessment of current fitness levels and development of a personalized activity plan. Your consultation will be conducted by one of TriHealth's degreed and certified exercise specialists. The consultation should involve about one hour of your time. Fee: \$25

Options will be presented to assist you in developing a more active lifestyle or in managing any chronic condition that affects you. Should you decide to participate in one of the recommended TriHealth Exercise Is Medicine programs, you will receive guidance from a trained fitness specialist or certified athletic trainer through your 8- or 12-week program. The \$25 consultation fee (above) will be credited toward any TriHealth Program in which you register. If you prefer to become more active at home, an activity plan will be provided for you.

TriHealth offers these fitness consultations and Exercise is Medicine programs at various locations including but not limited to the TriHealth Fitness & Health Pavilion, the Glenway-GSH Medical Building, and the fitness center at Bayley in Delhi.

At the conclusion of any TriHealth Exercise is Medicine program in which you participate, should you decide to become a member at the TriHealth Fitness & Health Pavilion or Fitness Center at Bayley, your enrollment fee is waived.