



Medical Clearance Form

Date: _____

Physician's Name: _____

Client's Name: _____

Physician's Phone: _____

Client's Phone: _____

Physician's Fax: _____

Client's DOB: _____

Dear Doctor _____

Your patient _____ has requested to participate in **LIVESTRONG** at the YMCA: Cancer Survivor Exercise Program at the Kishwaukee Family YMCA. At the start of this program your client will participate in a fitness assessment, including the 6 minute walk test, one repetition max test for upper and lower body, and balance and flexibility test.

Following the fitness assessment, your patient will partake in cardiorespiratory fitness, muscular strength and endurance, and flexibility and balance activities. A specific, individualized exercise program will be created for the participant based on the needs, interests and any recommendations you might have. The **LIVESTRONG** program is designed to start easy and become progressively more difficult over a 12 week period. All fitness assessments and exercise activities will be administered by qualified personnel trained in conducting exercise test and exercise programs.

Based on the **LIVESTRONG** at the YMCA intake form, your patient has indicated a diagnosed medical condition, coronary risk factor, and/or health condition that require a physician's clearance prior to participation in the **LIVESTRONG** at the YMCA program.

By completing the form below, you are not assuming any responsibility for our administration of the fitness assessment or exercise program. If you know of any medical or other reasons why participation in the **LIVESTRONG** at the YMCA program would be unwise for your patient, please indicate so on this form.

If you have any questions regarding the **LIVESTRONG** at the YMCA program, please call the program coordinator.

Program Coordinator: **Kara Gallagher**

Phone **(815) 756-9577 ext. 38**
Return Fax **(815) 758-4549**

Physician's Report

My patient, listed above, is:

_____ Not cleared to exercise at this time

_____ Cleared to exercise with no restrictions

_____ Cleared to exercise with the following restrictions and/or recommendations

Physicians Name: _____

Physicians Signature: _____

Date: _____