

► Medical Release**PLEASE COMPLETE THE FOLLOWING INFORMATION**

It is my understanding that _____ will be participating in a fitness evaluation and exercise program. This patient is permitted to participate in the following activities.

(Please check all that apply.)

1. Comprehensive physical fitness assessment including:

- ☐ submaximal aerobic capacity test for cardiovascular endurance
- ☐ resting heart rate, resting blood pressure
- ☐ body composition analysis
- ☐ flexibility
- ☐ baseline upper and lower body strength measures
- ☐ baseline upper and lower body endurance measures
- ☐ other: _____

2. Exercise/rehabilitation program including:

- ☐ resistance exercise program
- ☐ cardiovascular exercise program
- ☐ nutritional recommendations
- ☐ other: _____

Please check the appropriate response:

- ☐ This patient may participate with no restrictions.
- ☐ This patient may participate with the following limitations: _____

- ☐ This patient may not participate. *(If checked, the individual will not be accepted.)*
- ☐ Other: _____

Diagnosis/Recommendations/Comments: _____

SIGNATURE

PHYSICIAN NAME *(please print)*

PHYSICIAN SIGNATURE

DATE

PARTICIPANT NAME *(please print)*

PARTICIPANT SIGNATURE

DATE

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