

MEDICAL EXERCISE CONSULTATION

Mary Free Bed[®]
Rehabilitation | at |



OBJECTIVE

Provide you with a quality option for an effective, individualized and safe exercise consultation.

OUR PLAN

- Elevate your physical activity
- Help to establish goals with you
- Reduce exercise barriers
- Create an individual exercise program for you

WHAT'S INCLUDED

- For \$60, you will receive a 45-minute appointment from an exercise physiologist
- One-month complimentary YMCA membership*
- Access to all YMCAs during the program
- Introduction to equipment that will help with your exercise program

HEALTH
EVALUATION

GOAL
SETTING

EXERCISE
EVALUATION

Patient Name

Date of Birth

Patient Phone

Today's Date

☐ **Restrictions / Comorbidities**

☐ **Exercise Physiology Consultation (\$60)** - Analysis of health history, goal-setting and exercise programming

☐ **InBody Scan (\$50)** - Body composition scan with breakdown of muscle, fat percentage and water content

☐ **Consultation & InBody Scan (\$80)** - Combine your exercise consultation and scan in a single visit

Provider Signature

Provider Printed Name

Today's Date

CONTACT

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*Does not apply to current YMCA members