



Patients receive a fitness assessment, exercise prescription and equipment orientation, as well as periodic evaluations to monitor progress, address modifications, and answer any questions. When joining & registering for a Beacon Best Medicine program, patients receive \$100 off the club enrollment fee.

Beacon Best Medicine exercise classes for patients with:

- | | | | |
|------------------------------------|--|---|--|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Down syndrome | <input type="checkbox"/> Neurological condition (aquatic) | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Autism | <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Heart disease/Post cardiac rehab | <input type="checkbox"/> Obesity (BMI over 30) |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Peripheral artery disease | <input type="checkbox"/> Osteoporosis | |

Exercise Consultations & Prescriptions

- Post physical therapy Other medical diagnosis: _____

Patient Name

Patient Phone

Diagnosis (any that are important to exercise programming)

Limitations or restrictions

Provider's Name (Please Print)

Date

Provider's Signature

We accept referrals from licensed physicians,
nurse practitioners, physical therapists,
and occupational therapists