



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