

Dear Doctor,

Your patient is interested in joining the Adult Functional Training Program at Optimum Health & Fitness. Prior to beginning our program, we require each person to undergo a full fitness assessment. This assessment consists of a 12-lead sub-maximal graded exercise test, functional movement screening, body composition analysis, flexibility assessment, pulmonary function testing, and muscular strength testing. These assessments are administered by exercise physiologists following American College of Sports Medicine Exercise Testing Guidelines. In addition to the fitness assessment, your patient will be asked to complete a Health/Medical Questionnaire and Coronary Risk Profile.

The exercise sessions consist of a 5-10 minute warm-up followed by 20-30 minutes of aerobic exercise. During these sessions each participant follows an individual exercise program which has been formulated from their fitness assessment. Following the aerobic portion of the exercise session, the person will participate in circuit resistance training, which is also based on the pre-participation evaluation. The exercise session concludes with a 5-10 minute cool-down with concentration on abdominal and lower back muscle integrity. The sessions are organized and supervised by Exercise Physiologists and Health Fitness Specialists.

Sincerely,  
Kibria Alexander Golam

Program Director

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Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Address: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_

Please check one:

- My patient can participate in an exercise program with no medical contraindications:
- My patient can participate in an exercise program with the following considerations or limitations:  
\_\_\_\_\_
- My patients can NOT participate in an exercise program at this time.
- Target Heart Rate : \_\_\_\_\_