

CovenantHealth

LifeStyle Centre



Date: _____

Dear Dr. _____

Your patient, _____, desires to participate in exercise at the LifeStyle Centre. It is the policy of the LifeStyle Centre to recommend medical evaluation if there is a question about the safety and suitability of an exercise program for any individual. A careful evaluation is important prior to exercise to ensure the safety of the participant, to identify specific needs and limitations, and to make appropriate recommendations for an exercise program. Due to age and possible existence of risk factors we would appreciate your recommendation.

Sincerely,

Covenant LifeStyle Centre

I recommend this patient begin an exercise program without any restrictions or further screening/evaluation.

Physician Signature

Date

If your patient is needing a Stress Test, the physician's office may call 806-725-4343 to schedule an appointment.