



You'll feel better inside.

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Dear Physician,

Thank you for considering the approval of your patient to participate in the following programs.

Wellness House Exercise Program

Strong research supports exercise during cancer to improve immune function, pain, fatigue, sense of physical and psychological well-being, and in some cases, survivorship. Exercise programs are offered in a safe, supportive environment to help participants cope with the cancer experience. Instructors are credentialed fitness specialists.

Exercise for Getting Well is designed to improve activities of daily living and reduce cancer and treatment related side effects

Exercise for Staying Well offers all-around conditioning to maintain or improve overall fitness

Exercise for Living Well is designed to advance overall fitness and promote independent exercise

Pink Ribbon Fitness is specific to breast cancer recovery with attention to lymphedema

Core, Balance, Flexibility, Pilates and Nia include beginner to intermediate exercises

Qi Gong, Tai Chi, Chair Yoga and Mat Yoga focus on mind body movement practices to promote stress reduction and relaxation as well as increase strength, flexibility and balance

Fitness Assessments are offered to interested participants as a way to evaluate fitness, ensure proper class placement, set fitness related goals and monitor fitness changes

The first 15 to 30 minutes of most classes consist of aerobic exercise using stationary bicycles, treadmills, rowers, rebounders or ellipticals. The remaining 30 to 45 minutes involve instructor-led group exercises that may include chairs, weights, bands, balls, mats, steps or other fitness equipment. The emphasis is on moderate, gradual, consistent effort focused on health-related fitness with special attention to safety. Wellness House encourages participants to seek individual physical therapy for specific rehab needs.

Wellness House Wellness Tune-up Program

Experienced and trained therapists offer individual, 45-minute sessions that are gentle and fully clothed for the purpose of stress reduction and relaxation.

Massage Therapy involves manual techniques to manipulate the muscles and soft tissues

Craniosacral Therapy involves light touch and gentle manipulation of the cranial sacral system

Acupuncture utilizes sterile needles and is done in a clean, safe environment

Thank you for supporting your patient's interest in Wellness House programs. We also offer many other cancer wellness programs that complement medical treatment: support groups, expert speakers, nutrition programs, mind-body classes and much more. All programs and services are provided at no cost to those actively seeking to overcome the effects of cancer.

Sincerely,

Amanda Woods, MS, ACSM/ACS CET, ACSM HFS
Oncology Exercise Coordinator
awoods@wellnesshouse.org
630.654.5194



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Physician Medical Release Exercise and Wellness Tune-up Programs

To Be Completed by Participant:

Date ___ / ___ / ___ Patient name _____ Birthdate ___ / ___ / ___

Email _____ Phone _____

I (print name), _____ authorize my physician to provide any necessary personal health information to Wellness House for the purpose of participation in the exercise program, massage therapy, craniosacral therapy and/or acupuncture.

Patient Signature _____

To Be Completed by Physician:

Wellness House Exercise Programs consist of:

- Supervised aerobics: stationary bike, treadmill, elliptical, rower, rebounder, hand cycle
- Instructor led muscular strength/endurance, balance and flexibility training
- Self-directed aerobic, resistance and flexibility training during open gym times
- Voluntary Fitness Assessments

Blood Pressure:

Blood pressure within ranges of systolic 90 to 140 and diastolic 60 to 90 are required to complete a voluntary Fitness Assessment. If participant is known to experience blood pressure out of this range, please indicate that it is acceptable for participant to complete an assessment when blood pressure is within the following ranges: Systolic ___ to ___ and Diastolic ___ to ___. Blood pressure monitoring prior to regular exercise class is available at physician request.

Wellness House Massage, Craniosacral Therapy, and Acupuncture consist of:

- Light, fully clothed 45 minute sessions for relaxation

Physician approves of the aforementioned patient participating in Wellness House exercise programs, massage, craniosacral therapy, oncology facials and/or acupuncture.

Please list specific restrictions:

Print Physician's Name _____

Physician's Signature _____

Medical Office Name/Affiliation _____

Medical Office Phone Number _____

For questions regarding medical release, please call Amanda Woods, MS, Oncology Exercise Coordinator 630.654 5194. Forward faxes to 630.654.5345.

TL 11/17