



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 Programs

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 During Cancer Tx is designed to improve activities of daily living and reduce cancer treatment related side effects

Exercise After Cancer Tx offers all around conditioning to maintain or improve overall fitness

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

Prostate Cancer Exercise is specific to prostate cancer recovery with attention to pelvic floor health

Bodyweight Exercises for Strength and Balance is designed to maintain or improve balance, coordination without equipment

Restore Your Core After Cancer focuses on rebuilding core muscles after cancer

Pilates and Nia include beginner to immediate exercises

Qigong, Tai Chi, Chair Yoga, Mat Yoga, and Stretching through Cancer 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, Nustep, 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 rehab needs.

Wellness House Wellness Tune- Up Programs

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

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

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 compliment 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 and effects of cancer.

Sincerely,

Angie Ruggiero, ACE CPT, ACE GFI, ACSM/ACS CET
Exercise and Stress Management Programs Coordinator
aruggiero@wellnesshouse.org
630.654.5114

**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 information to Wellness House for the purpose of participation in the exercise program, massage therapy, and/or acupuncture.

Patient Signature _____

To Be completed by Physician:

Wellness House Exercise Program Consists of:

Supervised aerobics: stationary bike, treadmill, elliptical, 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 to complete an assessment when blood pressure is within the following ranges: Systolic ____ to ____ Diastolic ____ to _____. Blood pressure monitoring prior to regular exercise class is available upon request

Wellness House Massage and Acupuncture consist of:

Lightly fully clothed 45 minute sessions for relaxation

Physician approves of the aforementioned patient participating in Wellness House exercise programs, massage, 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 Angie Ruggiero, Exercise and Stress Management Programs Coordinator at 630.654.5114. Forward faxes to 630.654.5345.