



You'll feel better inside.

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 improves immune function, reduces pain and fatigue, helps create a 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
- **Breast Cancer Exercise** 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 and 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 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 affected by cancer.

Sincerely,

Jadyn Chipman, ACSM, GEI, ACSM/ACS CET

Exercise and Stress Management Manager

jchipman@wellnesshouse.org or 630.654.5116



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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 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 aerobics, 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 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 Jadyn Chipman, Exercise and Stress Management Manager, at 630.654.5116.

Forward faxes to 630.654.5345.