



Medical Clearance for Exercise

To be completed by the applicant and their health care provider

Patient (Applicant) Name _____ Date of Birth ____/____/____

Address _____

City _____ State ____ Zip Code _____

Phone _____ Email _____

Health Care Provider

Name _____ Phone _____

Address _____

City _____ State ____ Zip Code _____

Dear Health Care Provider:

Your patient has applied to join a fitness exercise program, Cooper Tracks, at their fitness facility and will need medical clearance from you to participate. Cooper Tracks was created to optimize the health of individuals in transition between a clinical procedure, diagnosis or rehabilitative program and recommended regular physical activity or those who desire to follow a prevention perspective. This program offers participants a safe and effective individualized exercise program in a group setting. In addition to exercise programming, this program offers comprehensive health education about how habits and mindset affect cardiovascular health and other chronic conditions.

Participants are invited to learn, discuss and incorporate healthy habits into their lifestyles through engagement in group classes, educational material, the fitness facility and social support from the trainer and their peers. The goal of Cooper Tracks is to increase the participants' confidence and competence of healthy lifestyle behaviors with a focus on developing their ability to exercise independently and meet standard recommendations for physical activity.

Please check all that apply regarding this patient:

- Completed cardiac rehabilitation
- Diagnosed with stable cardiovascular disease
- Multiple cardiovascular risk factors
- Stable blood pressure and heart rate readings
- Is cleared to exercise

In order to participate, individuals must have stable blood pressure readings, be ambulatory and be able to perform 10 minutes of sustained activity or exercise.

Health Care Provider Signature _____ Date ____/____/____

Please return this form to the patient and they will provide it to their fitness facility