

# MEDICAL CLEARANCE FORM

Client's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Client's Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Physician's Phone: \_\_\_\_\_ Fax : \_\_\_\_\_

Dear Doctor \_\_\_\_\_

Your patient, \_\_\_\_\_ has requested to participate in the **LIVESTRONG®** at the YMCA: a Cancer Survivor Exercise Program at the Sheboygan County YMCA. At the start of this program your client will participate in a fitness assessment, including the 6-minute walk test, one repetition max test for upper and lower body, and a balance and flexibility test. Following the fitness assessment, your patient will partake in cardio respiratory fitness, muscular strength and endurance, and flexibility and balance activities. A specific, individualized exercise program will be created for the participant based on their needs and interests, as well as any recommendations you might have. The **LIVESTRONG** at the YMCA program is designed to start easy and become progressively more difficult over a 12 week period. All fitness assessments and exercise activities will be administered by qualified personnel.

Participants must acquire a physician's clearance prior to participation in the **LIVESTRONG** at the YMCA program.

By completing the form below, you are not assuming any responsibility for our administration of the fitness assessment or exercise program. If you know of any medical or other reasons why participation in the **LIVESTRONG** at the YMCA program would be unwise for your patient, please indicate so on this form.

If you have any questions regarding the **LIVESTRONG** at the YMCA program, please contact Carrie Green at 451-8004 #130 or [cgreen@sheboygancountyymca.org](mailto:cgreen@sheboygancountyymca.org)

## Physician's Report

- Not cleared to exercise at this time
- Cleared to exercise with no restrictions
- Cleared to exercise with these restrictions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment.

Cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships and stress reduction techniques can have on their quality of life. **LIVESTRONG** at the YMCA has helped thousands of cancer survivors move beyond cancer in spirit, mind and body.

# STRENGTH AND WELLBEING

**LIVESTRONG®** was founded in 1997. Known for the iconic yellow wristband, **LIVESTRONG's** mission is to inspire and empower anyone affected by cancer. For more information, visit [LIVESTRONG.org](http://LIVESTRONG.org)



## Sheboygan County YMCA

812 Broughton Drive  
Sheboygan, WI 53081  
(920) 451 8004 ext.130  
[www.sheboygancountyymca.org](http://www.sheboygancountyymca.org)



**LIVESTRONG®**

FOUNDATION

# PARTNERS IN HEALING THE WHOLE PERSON



A FREE physical activity and wellness program designed to help cancer survivors achieve their health goals.



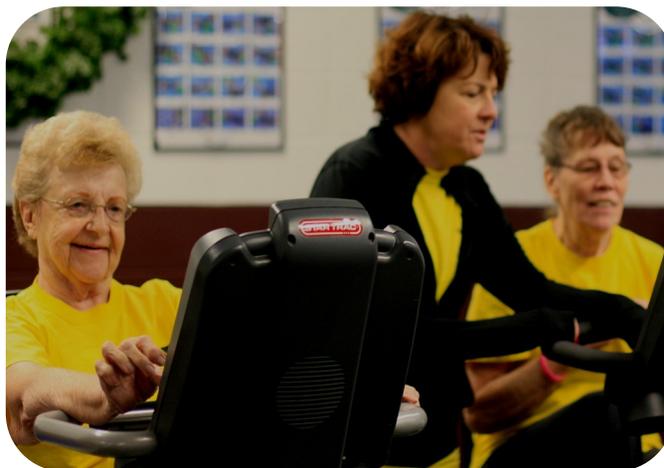
# TAKING ACTION, CHANGING LIVES

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. **You want to begin to heal and reclaim your health. But where do you start?** LIVESTRONG® at the YMCA can help.



## HOW DOES THE FREE PROGRAM WORK?

LIVESTRONG at the YMCA focuses on you – the whole person – not the disease. The goal of LIVESTRONG at the YMCA is to support cancer survivors in their pursuit of health and wellbeing by providing education, support, personal attention and acceptance.



During each session, a small group of survivors will receive personal training and actively engage in different exercise classes specifically designed to each group member's needs and abilities. In addition, you will learn about wellness and stress reduction techniques and how you can continue on a path of health beyond the end of the program.

While enrolled in the program, the cancer survivor and one family member or friend will receive a FREE 6 month membership to the YMCA.

**Together, we will partner in finding strength, healing and hope.**

Applications are accepted on an on-going basis. Day and evening sessions are available.

## PROGRAM GOALS

- Improve energy levels and self-esteem
- Increase flexibility and endurance
- Improve circulation and functional ability to complete everyday tasks
- Build muscular strength
- Reduce the severity of side effects
- Restore balance
- Develop an ongoing physical fitness program, not only as part of recovery, but as a way of life.



"LIVESTRONG was an answer to my prayers. The program inspired and empowered me to become motivated to regain my health/energy through exercise, laughter, compassion and support. It gave me a new outlook on life."

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-Kathy Burch

## PROGRAM INSTRUCTORS

Our LIVESTRONG at the YMCA instructors have undergone specialized training in the elements of cancer, post rehab exercise, and supportive cancer care.

## REGISTRATION & INFORMATION

Contact (920) 451 8004 ext. 130 or [cgreen@sheboygancountyymca.org](mailto:cgreen@sheboygancountyymca.org)