

MEDICAL CLEARANCE FORM

Client's Name: _____ Date: _____
Client's Phone: _____ Client's DOB: _____
Client's Email: _____
Physician's Name: _____ Physician's Phone: _____

Dear Doctor _____

Your patient, _____ has requested to participate in **LIVESTRONG®** at the YMCA: A Cancer Survivor Exercise Program at the Winona Family 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 balance and flexibility test. Following the fitness assessment, your patient will partake in cardiorespiratory fitness, muscular strength and endurance, and flexibility and balance activities. A specific, individualized exercise program will be created for the participant based on the needs, interests and any recommendations you might have. The **LIVESTRONG** 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 trained in conducting exercise tests and exercise programs.

Based on the **LIVESTRONG** at the YMCA intake form, your patient has indicated a diagnosed medical condition, coronary risk factor, and/or health condition that require 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 the Program Coordinator, Melissa Gernes, at mgernes@winonaymca.org or 507-454-1520 ext. 127.

Physician's Report

- Not cleared to exercise at the time
- Cleared to exercise with no restrictions
- Cleared to exercise with these restrictions and/or recommendations

Physician's signature: _____ Date: _____



The Winona Family YMCA is a membership organization that is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. Joining the Y means being part of a community- one that fosters relationships, and strengthens your spirit, mind and body. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but in your community too. Among our offerings:

- Child Care and Education
- Health, Well-being and Fitness
- Swim, Sports and Play
- Volunteerism

The Y's Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The Y's Cause: At the Y, strengthening community is our cause. Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The Y, founded in 1886, is one of Winona's leading 501(c)(3) nonprofits, committed to strengthening our community in the areas of youth development, healthy living and social responsibility.



Winona Family YMCA
902 Parks Avenue, Winona, MN 55987
507-454-1520 | info@winonaymca.org



LIVESTRONG®

FOUNDATION

RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG®
AT THE YMCA



Winona Family YMCA



LIVESTRONG®

FOUNDATION



Taking Action & Changing Odds

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 Program Work?

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. The free 12-week program uses traditional exercise methods to ease you back into fitness and help you maintain a healthy weight.

This program includes:

- Free 12-week YMCA Membership
- Two 90-minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching, and balance work

Program Goals

- Improve energy levels and self-esteem
- Build muscular strength and endurance
- Improve flexibility
- Improve circulation and functional ability to complete every day tasks
- Reduce the severity of treatment side effects
- Restore balance
- Improve body image
- Reduce stress levels
- Improve mental and emotional health
- Build supportive relationships in a comfortable and safe environment

LIVESTRONG at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

Taking It at Your Own Pace

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild.

Expert, Caring Staff

LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients. They are exercise experts who can understand your unique physical needs and concerns and help you to address them safely. They are also relationship builders with empathy and ability to connect with and develop relationships with and among cancer survivors and their families.



Criteria for Participation

Any adult who is currently going through cancer treatment or has gone through some form of cancer treatment (i.e. surgery, chemotherapy, radiation, etc.) in the past that wants to regain their health and well-being.

- Strong personal desire - participant needs to enroll in the program
- Personally commit to attending all classes
- Inform your physician that you plan to join the program
- Participants must receive medical clearance and are evaluated on an individual basis
- Complete our screening forms and answer a health questionnaire
- Give permission for the LIVESTRONG at the YMCA Program Coordinator to contact your health care provider if necessary

Together In Recovery

LIVESTRONG® at the YMCA is free to all participants thanks to the Y's Annual Campaign. Help support more cancer survivors by making a gift to the Y.

