

# Medical Fitness Program Referral

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Recommended Programs:

- BoneCare Medical Fitness Program - 8 weeks
- Fit-4-Surgery Medical Fitness Program - \_\_\_ 4 weeks or \_\_\_ 8 weeks
- Diabetes Medical Fitness Program - 8 weeks
- Better Balance Medical Fitness Program - 8 weeks

## Recommended Goals:

- Maintain/improve strength
- Improve aerobic endurance/capacity
- Core strengthening
- Improve balance/fall prevention
- Reduce risk of fracture
- Improve range of motion

## Preferred Fitness Center location:

- Cheek-Powell Fitness Center | 455 Pinellas St., Clearwater
- BayCare Fitness Center (Carillon) | 900 Carillon Parkway, St. Petersburg
- BayCare Fitness Center (Bloomingdale) | 2470 Bloomingdale Ave, Valrico

Referring Physician: \_\_\_\_\_

Physician Office Phone Number: \_\_\_\_\_

Precautions/ Range of Motion Limitations: \_\_\_\_\_

Physician Signature: \_\_\_\_\_

**Please fax to (727) 298-6748 or email [MedicalFitness@BayCare.org](mailto:MedicalFitness@BayCare.org)**

**BayCare Fitness Center**  
BayCare Outpatient Center  
900 Carillon Parkway  
St. Petersburg  
(727) 502-4444

**BayCare Fitness Center**  
BayCare HealthHub™  
2470 Bloomingdale Ave.  
Valrico  
(813) 586-8600

**Cheek-Powell Fitness Center**  
Morton Plant Hospital  
455 Pinellas St.  
Clearwater  
(727) 462-7685



[BayCare.org/MedicalFitness](http://BayCare.org/MedicalFitness)