



YMCA Exercise is Medicine® Program

PRESCRIPTION FOR EXERCISE

EMAIL: along@ymcaokanagan.ca
FAX: 250-765-7962 Kelowna Family YMCA
250-764-4085 H₂O Adventure + Fitness Centre
236-420-2982 Kelowna Downtown YMCA

Patient Information

Name: _____

Date: _____ DOB: _____

Email: _____ Phone: _____

Referring Practitioner

Name (if applicable): _____ Phone: _____

R_x

Medical Conditions / Recommendations / Limitations:

Doctor Signature

Print Name

Yes, I'd like to receive feedback No, I don't need feedback