Prescription for Exercise

YMCA of Southern Interior BC

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Find a digital copy of this form at ymcasibc.ca/ExRx

Patient Information

Name:_____ DOB:_____

Email:_____ Phone:_____

Preferred Location:

- ☐ Kelowna Family YMCA — 375 Hartman Rd
- ☐ H_2O Adventure + Fitness Centre — 4075 Gordon Dr
- ☐ Kelowna Downtown YMCA — 1011-505 Doyle Ave

Medical Conditions / Recommendations / Limitations:

Rx

- ☐ Diabetes Prevention
- ☐ Diabetes Management
- ☐ Hip and/or Knee Joint Health (pre/post surgery)
- ☐ Pulmonary Health
- ☐ Cardiac Health
- ☐ Obesity Management
- ☐ Exercise is Medicine® Canada Program: General exercise counselling

Referring Practitioner

Name:_____ Date:_____

Email:_____ Phone:_____

Shine On Southern Interior BC · SMALL STEPS FOR BIG CHANGES · ExeRcise is Medicine Canada · Central Okanagan Division of Family Practice, A GPSC initiative